The WOMAN'S MANUAL

By

Aurora Reed.

Worth It's Weight In Gold

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The Woman's Manual of *1000 HINTS For the Home*

By

AURORA REED

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PREFACE

Few adults lack interest in homelore, even among those who appear homeless. We hear shopgirls telling how to cook on an electric iron, travelers discuss chalk as a stain remover, and the world famous actress speeds to the pigs and chickens, when her season ends. Shifts and expedients for the home are eagerly read in the Sunday papers, and no two women chat without exchanging ideas on the multiform worries of the household. But, has anyone sorted and published this homely wisdom of the needle and the dish pan; these thousands of ideas on sanitation, on beauty, on comfort, on thrift, on harmony and stepsaving? Most homes not being competitive, lack efficiency, most cook books call for lavish butter and eggs, and domestic science schools, not having leaky utensils to repair, nor little children to be dressed in madeovers, cannot bridge the gap. Among our millions of homes few are able to turn all problems over to hired specialists. The worried fourteen-hour housewife has no time for elaborate scientific courses.

After a quarter of a century of "trying out" printed suggestions, of combining and changing

recipes, and ideas, of getting to a goal by ever cheaper and easier paths, we here place the best findings before the reader. Some are old, some have never been printed before, and some are odd adaptations. It is believed that in a simple home without hired specialists, this little book will save its cost a hundred times over.

AURORA REED.

CONTENTS

PAGE

THE EASY-WAY HOME 7

HOUSEHOLD HINTS 19

THE KITCHEN 73

PRACTICAL COOKING RECIPES 93

GARDEN AND YARD 121

BABY 139

BOYS AND GIRLS 149

THE "WHY" OF SEX 169

FASTING FOR RHEUMATISM 179

MISCELLANEOUS 187

Medicine From the Garden
Foods That Build Up and Warm
Care of the Body
Overlapping Tasks
Past Thirty-Five
Pets
In the Wild
Buying Stores
Meeting Reverses
The Might of Non-Resistance
Sewing
The Fireless Cooker

THE EASY-WAY HOME

IDEAS

What is an expedient worth? If it saves brown bread from falling and being inedible in a thousand homes six times yearly, what is its money value? Most leaks occur in the kitchen, shifts in housework are interesting to some five or ten million women on this continent alone. Different wordings of an idea, make it attractive to different minds. The cook-books on the market strangely mislead us. Why put grease into doughnuts to bring out a crop of pimples? This food is better with fat on the surface only. Does a cook-book deal properly with the rank and gluey, but cheap and strengthening, whole wheat? The writer has made unflaked piecrust, jell like molasses, and coarse-grained bread for many years, because of earnest study of several cook-books.

Let us gather ideas from our scrapbooks, from magazines, from free bulletins, from itinerant help, and best of all from the shining plate of the supermind. A thinker who clinches a problem with cheery confidence draws unaccountable inspiration—ideas come sudden, as an arrow from the unseen; only clinch, try out the best you know, read, expect, and wait—they always come. The more a brain draws, the brighter the eyes—a dull, heavy eye goes with a plodding, uninspired mind.

THE EASY-WAY COTTAGE

Mrs. Hardway began her housekeeping in six rooms of the usual kind. Every sweeping day she inspected and dug out eight corners for each room; about twenty for stairway and each closet; and crawled choking and panting under the stairs to give attention to remote places. Most of the shelves were too high for easy cleaning—and the rugs too heavy. Every window in the house swelled and stuck in wet weather, so that its cleaning was back-breaking. Many sideboards, lounges and beds were shoved aside—sometimes a caster was missing, too. A trail of mud followed the inbringing of fuel; and the "handsome" heater was a nightmare of raised letters, knobs and ornaments.

The cooking range was another center of worry—it smudged the hands, leaked dust, and smoked in heavy weather. For this tyrant, kindling was dried, ashes sifted, and coal carried—blacking mixed, too. It required endless poking, coaxing, wiping, scraping; which alone brought her nearly to wrinkles and gray hairs. The kitchen was twelve by sixteen, with much floor, wall and ceiling surface to clean. Here dogs and

children passed between the table and stove; cats squalled under feet; a pair of open doors conflicted; and men shook off their wet wraps and sat with their long legs in the way. The worker trotted miles daily between the mixing, cooking, serving and washing. The pipes, being near an outside wall, sometimes froze and burst.

Mrs. Hardway lifted heavy gowns and spreads in the tub, dragged the wash forty feet through mud and snow to hang, ate from an ironed linen cloth, and starched ginghams for herself and two children. When the third child was expected, she looked peevish, thin, and almost as old as her mother.

Then the four Hardways moved into a modern house with electric wiring, gas stove and basement kitchen; and alas—high stairways and few closets. Constance now gave her slender strength to climbing stairs, to answer bellrings, or to hang wash in the attic. All the windows were double hung, and a little too high to be reached in cleaning; and the heavy rugs were still with them. Constance wondered wearily why ceilings were not seven instead of ten feet high, why doors swing into the dark, cramped pantries, and why shelves and lighting fixtures are all arranged by and for towering giants. After a few weeks in this modern "convenient" (?) home, her

physician spoke of breakdown, and the children with their father went to Granny's; while Constance found herself recuperating in an upstate village with a cousin.

This cousin, Mrs. Easyway, was about fifty. Cheer and efficiency marked every line of her smooth face. She had dwelt in ten houses, and now occupied one built to her plans—and this house was an ever unfolding wonder and joy to Constance. "I clean my whole sleeping floor in a short time," she explained to the guest. "I wipe out my shallow white lined closets with a feather duster, and clip them shut. I brush walls, mattresses and the floor. My windows hinge on the side, and with boiling water and linen, they soon shine. All corners are filled with a mixture like cement—there are no rugs, only a strip of carpet nailed down—and shoes are supported on racks.

"With much paint and few cracks, we have no vermin. There is no factory furniture to shove aside—all my beds are wall bunks, wide and comfortable, with windows over them; all my tables and wardrobes are built in; and all my closets have two narrow doors in place of one wide one. There are two rods over the foot of each bed for airing blankets. There is not a shelf in the house over five feet from the floor, and few wide ones.

"It's surprising how big a seven by ten sleep-

ing room looks with narrow wall furniture, light everywhere, light paint, and a row of casements across one end. Your rooms seem bigger than they are, and airy too, with the transoms and cross currents.

"You don't know the depths of my base scheming," laughed the hostess, "that little reception room is four things in one—with a wide top closet open, its a playroom for my grandchildren; with another closet open, it's a sewing room with machine, mirror, and that big library table; and with books only exposed, it's a reading room."

"How ideal,—warm and clean, one room instead of three or four." Here Constance indulged in trenchant and bitter comments on certain houses she had occupied before and after marriage—upon certain knobby stoves, conflicting doors and poorly lighted tables.

"I sent two hundred miles to get a big plain airtight heater—it's easy to clean outside and in, and receives huge knots, thus saving sawing and chopping. Before building here I worked with a lead pencil for weeks, planning every detail. Did you ever notice that a door may swing four ways? And a great nuisance it is, if it swings wrong.

"I carefully arranged for a good light on the sewing, eating, cooking, mixing, serving and the

oven too. 'Let there be light' was God's first mandate, and it should be the house builder's. Draperies, paint and plumbing may be added as one gets the money; but the windows, doors and cross currents of air should be right from the start. Also have all rooms but one, small; and all ceilings low."

After viewing the kitchen with wonder for several days, Constance said, "Your dear blue and white kitchen with a sink in the middle; and your intense blue flame on the bottom of pots, and hood over to draw smoke and smells; and your eating table at a sunny east window—how clean, airy, and convenient. Without seeing all this, I could never believe that washing, cooking, and eating could be done with so much ease and daintiness. It's partly the color, partly compact arrangements, and partly pulling down a curtain over the midroom sink at mealtime. I shall dislike my drudgery, grease and smoke, more than ever, after seeing your cottage."

"My dear, you must have an easyway cottage, even if you have to wait a bit for finish, curtains, mirrors and paint. This house cost me nearly forty years of experience. I now save a maid's wages, and keep; I save big coal bills and many expenses—not to mention the endless soul-deadening toiling.

"My cooking is easier, too. That blue flame is quick, and independent of the weather. We eat simply at meals, but have something different each time—and the best. I no longer wipe pots and pans—I rinse, shake, and lay them inverted on a warm rack. Sometimes I even have none; I can take a china bowl from the steam cooker, wipe it and lay it on the table.

"Do you cook in triple doses, Constance?"

"Gracious, no. What are they?"

"Carrots for three meals are scarcely harder to dig, peel and cook, than for one; they need little more heat or pot washing. We have them boiled the first day, hash or scuffle the second, and I reheat the rest later for soup or chowder. So with many foods. When I make fudge, stock or brown bread, I hide away a portion, for a surprise later. My heavy cooking comes twice a week—and I enjoy it. No worker finds such enticing fields to be explored, as a cook."

Your kitchen would entice a stone image."

The visitor rapidly gained health and good spirits, and her eyes shone with the light of a zealot. Pencil in hand she made drawings and notes.

Months later the older woman visited Constance and found a wee red face in the cradle.

"Baby is a girl, my dear first daughter. I am

to have an Easy-Way cottage—it's building now. I shall teach her Easy-Way housekeeping—it's more useful than a college course, and a better legacy than money."

FOR AN EASY-WAY HOME

Have all shelves low.
Have one large room only.
Have much built-in furniture.
Have few cracks, and much paint.
Have fuel box open to the yard.
Have closet floors a little higher.
Have metal bins to exclude pests.
Have low ceilings, and few stair steps.
Have simple wood and oil, or electric heater.
Have a midroom-kitchen sink of porcelain.
Have transoms and cross currents.
Have sunshine on the breakfast table.
Have windows hinged and swinging in.
Have doors swing where least in the way.
Have several purposes for a room.
Have airing rods over foot of beds.
Have no pipes near cold outer walls.
Have thin, easy to turn mattresses.
Have cupboard doors narrow and many.
Have few pictures or ornaments exposed.
Lift no rugs—tack down a narrow strip.
Have many shallow, glossy, white-lined closets.
Have rounded corners to shelves and floors.

Have a few windows unscreened for the view.

Screen the doors, ventilators and some of the windows.

A bath is more needed than meat or tobacco.

Have steel rods in warm place for the inverted pots.

Have wires in shed for wet day wash.

Have a clean blue flame, and a hood over cooking.

Have light on sewing, cooking, washing and eating.

Have few steps between mixing, heating, serving, washing, etc.

HOUSEHOLD HINTS

RESPITE FOR WOMEN

The strongest women need respite from heavy work, two or three days a month, else health suffers. A girl was weakened for life, when her married sister allowed her to carry a spoiled baby on one side, and a pail of water on the other, at a critical time. Even a plant cannot endure strains and checks during the blooming season. In woman there is a sensitiveness both of mind and body—even dreams seem real—sympathies are keener, and bad news depresses unreasonably.

Save light tasks for this time; avoid cleaning ceilings, and heavy blankets, lifting, dancing and surf-bathing—also pumping a lumbering old sewing machine. Retire early, and draw loose socks over the feet. Headaches, boils, aching of corns or teeth, rheumatism, falling hair and backache, etc., as this time approaches, usually get worse. Sometimes a steambath, by quieting nerves and relieving congestion, eases matters a bit. If not go to bed early, use patience rather than drugs, and wait for Nature's relief. Eating raw parsley is said to help girls at this time. If hands or feet get accidentally into ice water, put into warm mustard water to restore warmth.

DEAD CAPITAL

Spring housecleaning is a farce, when the closets and trunks remain full of germy, freuzy old clothes. No form of dead capital collects so readily in palace or hovel—often fifty dollars hangs ignored on the walls; where there is great need. The tough, wiry, weaves of men's clothes are, secondhand, stronger than new flannel; buttons, stiffening and hooks are purchased, when they could be recovered from the "boneyard"; and there is a lack of "smear" rags in the kitchen. Do not defer remodeling as material cuts to more advantage for wee tots. Also garments made big and folded away, are saved in time of pestilence, flood or fire, when unsatisfactory articles are abandoned.

In the quiet days of January, start this profitable work; it pays more than spring hatching, summer gardening, or fall pickling. Open seams, brush and roll stiffening—confine each roll with a safety pin. Tear thin cotton into cleaning rags; roll together linen for doubling wipers; keep hose in a box, and wool knit goods in another. Starch rots curtains—wash before putting away. Stuff fluffy interlining into a com-

forter, into a sugar sack. Have a gasoline day for restoring fine fabrics. Confine buttons on linen strings in sets; they are more likely to be used if their number is evident at a glance. Make black quilts, rugs and mattresses last, since many scraps are fit for nothing else.

Nothing is more convenient for pieces than a trunk, with canvas pockets on inner lid and walls.

BUSY AND YOUNG AT FORTY

A woman with four children and no hired help looked fresh and young at forty. She explains it in part thus:

I do mussy sewing and cutting of garments, when the house is quiet—buttonholes and knitting in the noisy evening.

Each child when bathing washes his hose and his thin union suit, and dries them overnight. Thus they are laundered less often.

Visitors are usually received several at a time on Sunday—for they help to entertain each other, and the house is in order and the children freshly tubbed on that day.

I do not stand when I can sit, or sit upright when I can recline—there's a backless stool under my kitchen table. I retire early when tired, and chat with one or two children in the soothing darkness—a good way to keep up with the ever unfolding mind of youth.

Youth's specialty is leg action rather than brain action. My children learn to do exacting work at times; but commonly they fetch and carry, collect lamps, vases and feedpans, they sweep walks, feed pets, answer bellrings and run errands.

In the evening father reads the news aloud, and the smaller ones listen from their beds, while we discuss it. During the reading some of us mend, pop corn, and braid rags; and some whet knives, oil shoes or shave kindling. Thus my busy family are intelligent and up to date.

I put breakfast into the fireless cooker—and lay the table at night, measuring coffee, and cutting bread. Father dishes up in the morning. When dressing my four children, I lay all handy, and remove soiled clothes before they wake. I wear a toilet apron with pockets for scissors, shoe laces and horn, camphor ice and needed things.

CHEAP RESTORING

Salted gasoline leaves no ring.

Try steaming to remove a gasoline ring.

A cut raw potato for mud stains.

Rub a shiny coat with fine emery paper, or sponge with strong indigo bluing water, and press damp under a cloth.

Or a light and dark bag of soapbark for woolens.

Touch up colored gloves and shoes with a tube of oil paint.

Sponge black silk with hot coffee, reverse and press damp.

Suspend wrinkled velvet from the ceiling of bathroom and steam.

Potato Water

Grated raw potato and water, half and half; settle and strain off liquid. Sponge spots with clear liquid rinse, and press wrong side out.

Soapy Gasoline

Rub white soap on spots of fine woolen garments; put in washer, with gasoline and pump in the yard away from all fire. Rinse in clear gaso-

line. Settle fluid in corked vessel, and pour off clear part to use again.

Chalk

Travelers and all people should use colored chalk on spots. It's cheap, safe, easy to carry, and not messy. Rub green chalk on green material, and pink on pink, blow and brush. Repeat: White chalk for white collars and shoes.

Suds

A wool suit of wiry firm weave may be restored with white soap and water. Do not drag on washboard, nor twist. Scrub pockets, knees and soiled parts with white soap jell. Pump in washer in strong warm suds, rinse in two warm waters, and hang dripping in warm breeze; press under damp cloth.

Send a wire hanger to school for each woolen wrap—else the heavy wet garment soon pulls out of shape. Make an initial with kindergarten crayon inside each rubber.

A fine wire across top of window, and a row of dress hooks on top hem of curtain,—makes curtain durable and easy to change.

Mending tissue, pressed with a hot iron into a silk hem, prevents fraying of buttonholes.

Cut from old overalls the strongest parts; shape pockets for children and wash. Denim is best for pockets.

Some like a slice of firm sponge, covered for a pin cushion. Give a cardboard base, and let swing from belt of sewer.

Women with more patience than judgment have knitted bedspreads of grocer's twine—these are hard to make, and heavy in the tub. Use ruffled crepe.

Buy no fancy hose of which a broken stitch runs down six or eight inches; such are a hopeless proposition to mend.

Straw hats may be soaked, ripped, and reshaped for doll hats or adorable wee baskets for the Yule tree. Dip in dye.

Baste torn lace on to paper, and stitch on machine; following missing parts of the design—tear away paper. Make durable any lace by running a linen thread near edge.

Fit rubbers on to gumboots when buying. Wade in boots until leaky, then adjust rubbers on to boots and wear in wet grass only.

Keep a new mucilage brush to clean joints of machine. Fumes of kerosene help to loosen gummy lint; keep a kerosened flannel under works.

Stocking caps, if faded or torn, trim shorter

and expose the inner side, reverse a double cap. Crochet a three-inch band of a contrasting color, and add with silk tassel to cap.

Worn Handbag

Paste or sew velvet to match street suit, over bag—double and knot a silk cord for a handle. Affix a silver monogram pried from an old purse. The effect is dressy.

Secure Child's Hat

Fasten six inches of narrow flesh-colored braid, like a "V" at each side; use wide elastic to join "V's." The narrow cuts into flesh.

Cover canvas for a wall pocket, nothing else is strong enough.

Linen for Nose

Linen takes moisture instantly, while cotton and silk redden and "raw" the nose. A torn or pieced old linen handkerchief is better than the fanciest cotton.

Sweater Economy

Buy large and three of a color—later shape the worst worn into sleeves for the best, doubling under sleeves. Quilt shoulder seams with ribbons of like color. Widen sleeves when damp —thus they wear longer.

Scents

Did you ever buy perfume and get mainly alcohol and glass? Get a choice bouquet soap, a violet shaving soap will answer, and keep in chest. Pass over face and hands, or shave a little into liquid hot starch, to perfume, and make easy ironing.

To Patch Towels

Patch the middle part of all towels, and double their life—quilt a tiny turkish onto a big one. Kitchen wipers are more absorbent if doubled in central part—also more durable.

Hose

Buy at dozen rates, and large. Double top for six inches or more to catch rubbing at knee—use old leg for this—and quilt heel with four-inch cap. Twenty minutes' work on a new pair, doubles its life. Foot hose if they are worth the time and turn leg around to catch knee wear in a new spot. Flour sacking heel caps on wool socks.

Leftover Embroidery Silk

Rays of different color on pillow top. Stars on sailor collar, rays on mitts, or form a silk tassel for cap. Work wheels in white machine lace to match gown; this redeems cheap lace. Form silk balls and fix around edge of pillow.

Bloomers

Keep wool bloomers on girls, in damp climes; and for these the wiry tough weaves of men's clothes are excellent—hanging full, a patch or moth hole does not show. If goods are scant, attach a yoke of stout cotton.

Tub Comforter

For a tub comforter, baste onto a six by seven cheesecloth—icewool shawls, zephyr goods, light sock legs, and underwear laid flat, and parts of sweaters. Enclose between a blue and a white lawn—the knots of blue yarn showing on white side. If blue runs a little it makes the white whiter. This is pretty, tubs well, durable and low cost.

Tag Ends

Ravel good yarn for tying comforters.

Sugar sacks to cover them.

Flour sacks for durable linings, and corset covers.

Old silk gloves to form thimbles on tips of new.

Alpaca clippings inside a down pillow.

Crochet a new silk cover for large old buttons.

Crochet shells along a scrap of insertion or rickrack.

Unbecoming silk for basket lining, coat lining, or for a petticoat flounce.

Lay fragile old lace on a velvet gown, and pick out the design with tiny pearl buttons.

Save the best parts of scorched or torn suspenders; such is stronger than elastic by the yard.

Mattress

A thin wool mattress is easier to make and to turn than a thick one. Shape case less than three inches thick—sewing seams twice—stuff with clean wool rags, and tie with linen twine with tabs above and below. Some leave middle seam open and safety-pinned for a couple of feet —thus the filling can be readjusted with the arm —the edges tend to thicken unduly. With careful construction, a warm durable mattress can be made in a half day, and several dollars saved.

Crocheted Rugs

Some shut-ins make pretty rugs of the unsatisfactory fabrics, which collect almost by the drayload. Wool rags are cut a half inch, cotton wider, and joined. A large hook is made from a bone toothbrush. After trying a bit, and catching the backstitch; a corded effect may be had on the right side. Make rug oblong, or

round, striped or bordered, as desired. Looks handsome on a polished floor.

Strength from the Sub-Conscious

Do you feel puzzled and unequal to a hard task? Lay out tools and materials in the evening, and make a small start. As you sink to sleep, think of this task with cheery confidence, and picture details of work to yourself. After one or two nights, you will be surprised at your confidence and ability. Only hope and wait and think; you can draw undreamed-of power from the subconscious.

Tiny Handkerchiefs

Do you receive many tiny, cotton gift handkerchiefs—too small for usefulness? With a square of thin linen, double the center of each—a small double cloth is as absorbent as a large single one. Enlarge a small one with honiton braid; and crochet a pretty edging on that, or stitch solid the raised figure or scallop, with silk to match gown, and turn the article into a collar. One woman makes many gifts—tea aprons, baby caps, yokes—from handkerchiefs.

Knit Coats

These deserve their popularity—they do not bind a worker's arms, they turn a light rain—if

wool, they tub well and shape beautifully to the figure. Make a child's coat from the piece trunk —of two colors if goods is scant. A becoming coat was once made by exposing the wrong side of thick all wool underwear—which looked like some expensive cloaking. Front and back were cut and joined—legs shaped for sleeves—big buttons closed the front and a rolling collar of Angora yarn crocheted, was basted and looked warm and furry. It was removed at tubbing.

Alkali rubbing, acid heating, then sunshine, to move almost any stain. Repeat if necessary.

Whip dry knit underwear smartly on a post—this moves more dirt than rubbing.

Scrub edges of a quilt on an outdoor table with boiled soap—then pump in a machine.

Have thick, sunny parallel wires low at one end, and near door for drying.

Some velvet may be pumped in white soap suds, rinsed twice and hung dripping. Do not twist nor rub.

Soak an old nameless stain in buttermilk overnight, rinse, wet with lemon juice and sun. Turn and use more juice.

A bit of crepe paper in last rinse for fading

garments—purple for lavender or a scrap of red for pink.

The serviette task is always with us. Have them small and rub two at once, rinse in hot acid water and roll a group in a towel. If ironed wet the same day they have a gloss, are white and stiff.

Cotton camping clothes for children are fireproofed this way: A pound of ammonium phosphate to a gallon of cold water. Dip garments and dry.

A wringer oozes out oil, breaks tub, snaps off buttons, entangles collars, makes obstinate wrinkles, and wrenches the user's back. Even thick woolens are best hung dripping in a warm breeze. Heave this evil contrivance over the rear fence and use the hand—it's innocent of these six counts.

Woolens are shrunken by resin soap, by hard rubbing and twisting, by putting from hot to cold water and by lying wet. Give them the opposite treatment and shake smartly to raise nap. Alkalis in soap rot wool—correct by using a little acid in last warm rinse.

GIFTS FROM THE PIECETRUNK

Mats

Crochet mats of corset laces, and pillow covers of thread.

Hops

A hops pillow for nervousness, or pains in jaw or neck.

Hair Drier

Bind a crownless straw brim with cambric; draw over head to ears, and scatter wet hair over it.

Cleaners

Fill a small bag with soapbark, and hang in the bathroom for quick removal of spots.

Shoe Driers

Fill two small bags with raw, whole oats; hang in a warm place with a cord; and put one in each wet shoe overnight to draw the water—the shoes dry soft. Dry oats and use again.

Linen Slips

Some heads leave tenacious black stain on muslin slip—for such, use checked linen toweling; it wears and bleaches well. Work every

second check solid on linen slip, for a pretty border.

Bath Mitt

Quilt turkish toweling mitts double, with oatmeal and orris root inside; attach to this thumbless mitt a wristband of drill, and put initial on drill.

Blossom Pillow

Store lavender, lemon verbena, and rose petals; add feathers to fluff out a big pillow. Covered with fine matting; it helps to furnish, and is pleasant to the eye and the nose.

Clutter Screen

Enclose a low table in the corner, with a screen, if your child has no playroom. Cover a clothes horse with stout material, and have several buttoned pockets, for paste, string, scissors, crayons, etc.

Crochet Baskets

On oval or round hoops, crochet basket with linen twine, fishline, or yarn. Have three sizes, and suspend the smallest on top from a cage hook. Small balls around top for a pretty finish. Have three small at dressing table or three large in living room.

GETTING EASY RESULTS

Chemicals and machines—as substitutes for hand rubbing—are urged upon us by ads and peddlers, but we still rub. Hand work concentrates upon streaks while the other dirt starters treat the whole and wear it sadly. Use these after hand work and for stiff and heavy pieces. Buy metal machine and tubs and arrange them on porch or arbor so that a blueflame may be slipped under each in turn. Fill with hose and have ditch handy to conduct slops away.

Do you know that lemon juice is a powerful cleaner and is used in many public laundries. Sunshine is a cleaner, too, but bluing only disguises the dirt—heat is a dirt starter, and certain chemicals—use strong powders on a little brush and escape being flayed.

Three of the worst features of washday are unnecessary—the wringer, the far-flung line and the boiler. Hang to dry, on wires near the door and boil few pieces—heating fabrics usually in hot acid water in a bread dish pan, which is easy to see into.

Accustom the hands to very hot, strong suds and rub deftly at the very bottom of board, driving a torrent of suds through every fibre.

Hand rub in hot suds in first tub, and toss into second or third or even fourth. The second vessel is a machine for stiff and heavy pieces—many skip this. The third vessel is a hot, clear water to remove alkalies so that acid can eat out stains. The fourth vessel is a hot acid water to treat the dirt that the soap could not start.

Hang bed garments three cornered on two wires, and throw a rug over two. Shake wool skirts or heavy pieces when nearly dry and hang at different spots to preserve shape. Dry dish towels in the kitchen, and lay small pieces on the clover.

HELPS AND LABOR SAVERS

The market is flooded with contrivances for the housewife, but many of these "labor savers" are more bother to wipe, screw together, turn and clean after using them, than their assistance is worth. Sausage stuffers, bread mixers, cherry stoners, wringers, peelers, etc., may be needed in business enterprises, but in the cottage they are dust traps, and fly roosts, seldom used and much in the way. After a few years in one house, the junk man's dray can be filled with vexing popdooles and the owners are glad to see the last of them. Use the human hand—it's deft and willing, and it will not develop a loose wheel today, a slipping cog tomorrow, and rust the third day.

For real help, put money into a blue flame or electric cooker, a vacuum cleaner, a light turning washer, a sewing machine, glassy surface, nonrusting bath and utensils, linen wipers, and other Easy-Way fittings. Buy new and elaborate contrivances with caution. Every housekeeper can tell of new patent mops useless in a week or two, of costly lamps of Stygian gloom, or of a freezer which needed a Hercules to operate it.

Hiring human help is another idea to pause over. Maids often break and eat the equal of their wages, discuss the family over the fence, and they have not the skill or patience to teach the young the highly profitable trade of home-making. Employers, too, leave much to be desired since they flee in disgust from their smudgy, stuffy, dark, greasy kitchens, they do their full share of the backbiting, they are often discourteous and unprogressive, and they fail to respect a long-houred and lonely class of producers. Let us hope as the race advances that the Golden Rule will be practiced more fully. Meanwhile, have an Easy-Way cottage and keep no help.

Every crack means bugs.
Steam squash before peeling.
A honey and rhubarb conserve for colds.
Buttered popcorn for costiveness.
Alum in the stove polish for a lasting shine.
Stop a stove crack with ashes, salt and water.
Melt chocolate drops, for a quick icing.
Dry sliced fruit in a ventilated hotbed.
Mix sugar and ginger to prevent lumping.
Mince meat and crumbs for a spicy pudding.
Stone marbles in boiling syrup lessen burning.

Lemon juice is a powderful cleaner, in or out, of body.

Cracked glass jars are still mouse and dust proof.

Cold water rinsing, before washing a milky glass.

Bacon rinds for kindling, or chopped for the hens.

Peach kernels stoned, for added flavor in foods.

In rainy climes underripe peapods are edible.

Grease the edge of rice pot to prevent boiling over.

Butter fingers, to stuff figs and seed raisins.

Pour hot tea over a bit of peppermint candy.

Apple and pineapple trimmings for jell.

Submerge butter in flour when camping.

Warm and remold a frozen gelatine pudding.

Serve lemon candy drops in saucer with tea.

Only 2 per cent nourishment in canned tomatoes.

Soak no ivory handles, nor egg beater cogs.

Keep "smelly" supplies in the woodshed.

Add veal to eke out a chicken pie.

Slice toast in the evening—a frozen loaf cuts hard.

Rock in a rocker, and whip cream, by shaking a glass fruit jar.

Rock in a rocker, and churn a little butter the same way.

Cedar sawdust on a hot lid to correct food odors.

To clear a smoky room, wring a towel from warm water and vinegar, and wave.

Two shades, middle and top, on a high window for privacy and sun. To tighten an umbrella handle, put a thread around the screw part, do not glue. For piazza screen, cover a clothes horse; making pockets for needle work.

Crochet table mats of round corset laces, bought at wholesale, they are cheap, tub well and never wrinkle.

Figured draperies do not dye well, use sparingly, and in north rooms.

Two parallel high wires for drying wraps in the house.

Melt white soap scraps with water, borax and citronella, for a fragrant bath jell.

For a green center piece, sprinkle coarse flannel with flaxseed; sew around a glass, and place in saucer of water. Grows in two weeks.

For a dancing floor, shave wax candle ends, rub in with feet, and scatter a little cornmeal.

Is the cork in a bottle? Keep a U shaped wire, in neck, and it cannot obstruct.

Use oxalic acid water to make tables and

shelves snowy. Pad a box, rimmed on three sides, add racks for soap and brush, and kneel in it to scrub.

To brighten a dark, small room, paint walls and rugless floor edge, in a scheme of white and yellow.

Teach children to buy soft lead pencils, to remove much wood, and to use a little file often. Soap the screws of a leaky fountain pen. To restore the spreading tip of a fountain pen take the pinchers and bend it down a bit. Try heating with a match, a troublesome steel pen. It often writes like new.

Expose oil of lavender, where books mildew.

Memory Jogs

In one home, a large sheet of paper, often renewed, appeared inside the closet door. Here in bright crayon and big letters were reminders. "Lodge Tonight." "Who loaned the lawn mower?" "Two visitors come Sunday." No one arriving or leaving failed to see.

Too Small Chimney

A small chimney on a big lamp, smoked oddly at the very top, but when a match was laid under, it burned with great clarity. The current through a small tube is more forceful than

through a big. Press in the four prongs, and use any small chimneys on hand.

Ugly Clocks

Many clocks are fussy and ugly shams. For good time keeping an alarm clock, often renewed, is quite reliable. To make suited to mission furniture, have a round hole in bottom of lidless cigar box, and outline with a dial-ring from an old clock. Dye box to match room, and boil in oil to harden, if desired. Place alarm clock inside.

Salt

Brine to clean willow furniture.

Scrub a hot stove with salt.

Rub stains on crockery with salt.

Salty slops for some plants.

Salt on an icy doorstep.

Salt for a lasting candle light; pack it around the flame.

Sprinkle fine salt on a wool sockleg, to polish a mirror.

Salt and vinegar to clean brass; rub with olive oil for durable polish.

Porch Privacy

Is your screen near the street? For privacy paint the screen with light tint, using thin paint sparingly. Thus outsiders can not see in.

TO LESSEN ELBOW ACTIVITY

Drop cookie dough from a spoon.

Use a soap, with much energy, and little froth. Scald dishes and do little wiping—do not iron wiping linen. Use ruffled crepe on the windows —use runners on eating table.

Cut a hard squash with the can opener, steam citron, and cut warm. Label glass with kindergarten crayon.

Shelled peanuts and stoned raisins are as cheap as the natural kinds.

Save dirty work for one day and one suit.

Clean fish, fowl and vegetables on a paper and burn.

A greased earthen platter for shaping loaves —a shiny wrapping paper for rolling pie paste.

Use glass jars with wire clamp fasteners—no screws.

Do not stem currants, but wash, heat, mash and drain juice.

Hold greens in bunches by the roots and souse —remove roots only when all are washed.

Put even dried bread scraps into a canvas bag and pound with a wooden mallet—do not grind.

Scald and cool pots to clean, tomatoes to skin, fish to scale and some nuts to shell easily.

Do not stir plum butter all day; it cannot burn in bean pots in the oven with a pitcher of the same to refill from.

Feed your coal fire from flat syrup tins—they are easy to lift and easy to scrape full. Have two, of two gallon size, and use alternately—filling each with water and pouring off before using—wet coal starts slowly but gives surprising heat.

One woman sweeps boiling suds off her board floor into an uncorked hole—then clear water and last a hot acid water to bleach—the air dries it very white. Thus she saves time, backache and uses water too hot to touch.

Is it Pure

Lift a knitting needle from pure milk, and see it run down and form a heavy drop at the end—watered it drips small and quick. Boil pure and fake butter in two spoons—the pure boils quietly, the fake splutters.

Iceless Refrigerator

Put a strong screen on back and front of a portable shelf cupboard. Cover closely with cotton flannel; and have tabs of this project into

a pan of water, from which water draws down and evaporates.

Energy

An energetic child or employee shows in part or fully: square shoulders, jaw and front jutting chin, bright eyes, straight, well-marked brows, stiff upper lip and large and hard cheeks. Head high in crown and broad from ear to ear.

Apples to Fill Chinks

Keep dried apples or peaches handy to fill the chinks in cooking. With almost enough berries for pie, pudding or jell, cut dried fruit fine, wash and eke out the dish,—they are not recognized. Thicken stewed fruit sauce or tone down the too spicy mincemeat with apple pulp.

Double the quantity of your catsup with apple pulp and add a bit of spice. When tired of potatoes for breakfast, steam dried fruit, sprinkle with vinegar, and brown in bacon fat—garnish with slices of bacon.

Cool in Dogdays

Cool the house with evaporation in dogdays; hang netting over each open window—green is soothing to eye—and let hang on a pan of water to draw up and evaporate. With a cross current this quickly cools. In one hot clime home they

turn the hose onto a screened arbor three times a day, and eat in the bower, each leaf dripping water.

To Clean a Ceiling

Boil suds on an oil-stove in a closed room, to steam ceiling. Wipe north and south with linen on a new broom; wipe east and west with a vinegared cloth. Repeat.

Hidden Flaw

A cracked mirror was placed in a corner, and patched with a silver ribbon. A vase of dried grass drooped one strand artlessly over flaw. Visitors admired this "perfect" bevel-edged mirror.

Old Carpet

A woman of lean purse had a worn and faded stair carpet. She padded the bare steps with old blankets, and laid the old carpet back up, and cleaned; stenciling the edge a bit. Her new carpet was noiseless, and looked like some cool art fabric.

Two Waves

One woman does her housecleaning in two periods. In March she looks to repairs of knobs, hinges, mattresses, and chairs; she disposes of old clothes, and adjusts screens and stoves. In April

it is quite easy to clean and recover walls, floors, and windows.

Trunk Seat

A young mother found in the attic some matting, a pillow and a steamer trunk. She padded the top of trunk and covered it with matting. With a wide flounce of cretonne around trunk, and castors under, the children had a shoebox and a trunk seat.

Sun Heated

Water for domestic use may be sun-heated in some climes. Have a large roof tank, glass-topped, black-lined, and enclosed with non-conductors. Perhaps a burning glass would help. Pipe water from tank to bath and sink.

Scribble Paper

Use unpictured magazines or government reports for scribbling. Turn sideways and write with kindergarten crayon. Use to add accounts, draft letters and note "guess recipes" for revision.

Snoring

People on their backs snore. One man adjusted around himself a string with a spool on it; so that the spool hurt him when he lay face up. He instinctively turned, and the vocal eruptions ceased.

Rest Eyes

After hours of fine sewing, bathe the aching eyes in hot water, then cold—treating base of brain also. Heat eases congestion, cold strengthens the nerves.

Dulling Food

A big greasy or soggy breakfast is dulling. Thousands of long-lived enthusiastic workers take coffee only.

Hair Sheen

Vinegar in the last hot rinse, corrects the gummy dull look of hair—gives a beautiful coppery sheen, and glinting lights to brown tresses.

Burns

Essence of peppermint for a smarting burn—or poultice with vaseline and soda. Use gentle heat on heat injuries, and gentle cold on fresh bites. A woman's small burns are often healed without design, being immersed in dishwater.

Steam Baths

A steam bath (or a hot immersion) relieves or eases, headache, earache, pimples, falling hair, itching bites, and rheumatism. Scaly chapped arms resisted all remedies for ease but promptly healed after a twice-a-week steam bath begun. The baths clear the skin, brighten the mind, re-

lieve nervousness and give a pliant body—they are especially needed in cool, foggy climes. Bathe and increase your comfort, your beauty and your usefulness. Does a Japanese ever look pimply, pursy, scaly or blotchy?

Chapping

Thin-skinned people are often seriously crippled for suds work by obstinate chapping. Use mild vinegar to neutralize soap in pores, after dishwashing—toughen arms by plunging from hot water into snowbank.

No surface remedy reaches the fevered blood, which is the cause—cool and purify with steam baths.

Toughen Feet

A famous walker treats his pedals thus: A cup rock salt in a quart of boiling water and five quarts cold. Soak feet five minutes in this and dry. Rub feet with alcohol and water, half and half—rub dry. This is said to toughen feet and remove corns in a month. Many women are plucky long distance walkers, but unknown to fame. They do it between the woodpile, the cupboard and the stove.

Aprons

Cheap fading and wrinkling gingham needs so much starching and ironing that it costs more,

all considered, than a firm sensible zephyr. Is there any cotton goods so pretty, so easy to tub, and so durably-hued, as zephyr? A white edged bib apron changed daily, is more becoming than a costly gown and—if hung straight—needs no ironing. To double life of apron, put a two foot pocket over the stomach part to catch heat and rubbing.

Some who attend the front door between kitchen activities prefer a small invisible panel apron made of material like gown.

Head Lice

Soak scalp with kerosene and sweet oil, half and half, and wear a cap over night. Wash hair in warm suds, rinse twice and dry. Boil white vinegar, and use warm on dry hair, to remove nits. This gives clean, glinting beautiful hair. Many people without vermin use kerosene to stimulate and clean.

To Ease Gasping

Thousands of pursy, gasping women could get relief if they would swallow lemon juice daily, eat sparely and take steam baths. This acid contains oxygen, which in the stomach somehow eases the straining, weary lungs, which usually supply the system. Did you ever notice that some people carry much fat quite easily?

Wash children quickly after they have cheese or smoked fish—else every doorknob, coat, and handle, in the house is malodorous.

Slice crumbly bread thick and toast one side, or you will find half of it on the floor.

To delay souring put away milk in red glass or stir in a little grated horse radish.

For a quick, hot, satisfying lunch, enclose cheese between bread slices, dip in egg and milk, and fry brown.

Let salted cornmeal swell in water, bake cakes in wood ashes. Good for acidity of stomach.

Peeled potato water for soup, for bread sponge, to brighten an old pot or to soak salt fish.

Make doughnuts unshortened, fry in hard, hot fat, and steam in colander. These do not bring out a crop of swollen angry cold sores, on the face.

Add spice and cranberry jell to a soda cake dough and bake in layers. It is said to keep two or three months.

Is your sugar and vinegar candy too hard? Warm, stir in cold sugar, flavor and pour over puffed rice. Brittle and goes further than solid candy.

For a dyspeptic make unshortened cake with fruit in it—steam in lard pails and eat hot. Cornstarch keeps mixture from falling easily.

Heat and shell eggs when cheap—can air tight with young beets. Handy for a rush meal.

Burning pepper or mustard in the stomach provokes or increases alcoholism—accustom the young to blend foods.

Mustard in quantity causes obstinate constipation for days.

Some brew leftover coffee with fresh berry for a strong drink, or use cold liquid for fudge, for cake, for custard or to clean black silk.

Matting

Cut each piece six inches longer than the room, ravel and tie cords; thus it never frays.

White Rug

Braid white rags into a rug for a white chamber, stencil edge, or add border.

Cheap Dye

Boil common dye and apply hot to wall and furniture, for a uniform effect. Desirable for playhouses, ledges and barn dancing rooms.

Footwear

Do not tread on rubbers, but omit bottom step of back stairs and keep in this retreat.

Vase

With gay yarn crochet a cover for an ugly or mended vase, to match room. Keep shot in bottom of tall slender vase.

Pail Seat

Cover, hinge, pad, and cretonne a candy pail, for a bedroom seat and hamper.

Two Ways

Use mirrors two ways, put a good one between windows for view of person; or put a cheap one in a dull corner, to brighten and "enlarge" the room.

To Repel Flies

Dust black pepper freely about, in cesspool or vault; the smell is diffusive, and all flies speedily decamp. Better than kerosene spray.

Silver

Put away silver in blue canton flannel, never white. Keep gum camphor in chest. Thus the metal needs little polishing.

Worn Shade

Cut off worn end, and fix on upside down, with care to keep straight. Add hem and stick.

Cheap Matches

Men express lurid sentiments when striking sulphur matches. Scratch two at once, sepa-

rated; let lower flame join the upper, for a double draught is strong. Thus one man happily used sulphur matches for years.

Tools

One man supported all tools against the wall, each outlined with red paint. Thus his sons kept each in place, and a glance revealed a loss.

Scrim

Good scrim is worth remodeling. Shape a torn long curtain into sash curtains and bureau runner; and applique a row of geese or rabbits for a child's room.

Rear Entry

Few parts of the house are so important as the woodshed, or spacious rear entry. Like a sentry on duty, this challenges mud, flies, dogs, and a deal of clutter, which would otherwise enter the living rooms. Have here wire loops for rubber boots. Upside down, for whips and snowshoes, wires for a wet day wash, bed for the dog, and shelf for smelly groceries. Lacking outbuildings, carpenter's table may stand here.

One Big Room

Scarcely any mistake in building causes such endless drudgery as having many big rooms; and high ceilings with many steps between floors. Bed-

room or kitchen harbor only one or two persons at one time. A living room, on the contrary, must often hold the family, a hireling, or guest or two, and even the cat and dog. A generous window seat of seven feet accommodates several of these. One man, who built several times, made his bedrooms successively smaller—though airy; and his living room bigger, each time, the last time with a seven foot window seat.

To Clean Windows

Many people, with warm suds and cotton wipers, clean glass, and execrate the job. Let your rule be "Much heat, little water, and linen wipers." Carry a spirit lamp about; have hot water with a few drops of kerosene in it, and renew often. Brush around glass; lift a soft rag from boiling water and put much heat in glass. Wipe quickly with coarse linen, and polish with a wool sockleg, springled with fine salt. Your glass will scintillate, like a gem in the setting sun. No patent preparation is better than above. Have you noticed, how rare a shining window is? Few people understand that the cheap and quick way is the best way.

Ye Old Lantern

Nothing modern replaces the old lantern of our grandsires. A four-year-old may carry it

up and down stairs without danger, or a child may carry it to the toilet in the night; in the root closet it keeps out the frost. Warm hands on it during chores, or set it under the hen's drinking water. Hang near head, when reading in bed, or sweep toward it in dull weather. Dry a wet spot on the mattress over a low flame, while at breakfast.

No Cost Fuel

A widow warmed her rooms each evening with a driftwood knot and a bag of rubbish, in a big airtight heater. It is surprising how much waste the children found and confined in bundles, leaving the locality neater. Bones, old shoes, hats, brooms, sunflower stalks, gumbeets, cabbage roots, fishheads, bits of rope, rags and bark, were mixed with wet sawdust, and laid handy for a no-cost fuel.

Oilcloth

Use oilcloth for stencils, for covering cookbooks and school-books, for making mothbags and for lining picnic baskets.

Oilcloth on an eating table has an evil reputation; because it slips about, curls at the edge, collects black smears at the edge; and because ugly colors are used, and without a silence cloth, too. Tack white oilcloth securely to a padded table,

wash the edge daily, and have an eating surface better than linen.

Morning Rush

To ease the morning rush, one mother scatters her family ten minutes before bedtime. The father looks to furnace, tank and the locking of doors; the boys fetch fuel and oil shoes, after putting books and toys in place; the girl puts family rooms in order and uses vacuum cleaner; while the mother lays all handy for breakfast. No more cleaning up is needed until after midday.

CHEAP AND SAFE PEST REDUCERS

Moths

Sprinkle red pepper to repel.

Roaches

Stale beer attracts them and lays them low.

Moles

Put mothballs in runs and close.

Fleas

Raw meat in center of big sticky flypaper.

Bed Bugs

Boiling alum water in cracks, corners and over springs. Have much paint, no wall paper, and few cracks.

Ants

Pour kerosene into hill. Use cayenne pepper in cracks. Grow peppermint, and keep spiders and toads near outside wall. Lay sticky flypaper at night.

Mosquitoes

Empty cans and tubs on deserted lots and camping grounds—drain pools. Pour kerosene on swamps; or turn out a flock of ducks. These birds are Nature's check for the pest.

Rodents

Get the free government bulletin, "How to Destroy Rats." The non-venomous kingsnake cleans them up better than ferret or cat. Offer the children a bounty and traps. Stop all rat-holes but one with warm soap and glass. Place trap here in a packing box.

Flies

Crush into a rag and burn, early blowflies. Encourage spiders and toads outside. Place a pet toad on the window sill with molasses before him to draw flies down. Crude petroleum and water, from a sprinkling can on manure, cess pools and rubbish. Black pepper in vaults for a repellant smell. Flies perch above kitchen screens, to enjoy heat and smells. At dawn scores are found stiff and helpless with cold. Sweep down, enclose in bags and destroy.

Kerosene

With hot water to clean paint.

For tarry hands, for chilblains, for headlice.

For rusty metal, gummy tubs and clogged machinery.

On screens to clean wire and repel flies.

On pools to prevent mosquito hatching.

On refuse and manure to check fly hatching.

Kerosene flannel on neck to scatter swelling.

Apply lightly to face and hands, and escape bites of insects.

Use hot alum water for bedbugs, it's not odorous nor greasy.

Scrap Book

An old scrapbook, of ten years' making, is perhaps the most profitable reading to be had. It is the only book, by oneself, for oneself, exactly to fit one's needs—growing needs, for new items are pasted over outgrown ones. Fold pink building paper in the middle—sheets three by two is a good size—do not join, but read one double sheet at a time. A pink strip between clippings rests the eye, and makes items easy to find. Metaphysics inspire and feed the soul, verses and pictures cheer, and practical hints save money and drudgery.

Surgical Adhesive Plaster

For cheap, easy, quick, miscellaneous repairs. Apply warm, or smooth with a warm iron after applying.

To replace worn linings in shoe heels.

To stop draughts from wall cracks.

To flatten curling rug corners.

To hold bandages on wounds.

For protruding corset steels.

For holes in raincoat, rubber bag and garden hose.

To strengthen a cheap crate for a knockabout basket.

To bind around a splintered hoe handle, or chair leg.

Color

Colors on walls and furnishings, react on mood and health. Nervous and vicious children, are soothed or healed by a wise choice. Rooms are small or large, eerie or cheery, warm or cold, according to tints chosen.

All white tires the eye, and gives "snow blindness."

White and yellow correct small gloomy rooms.

White and pink for a girl's bedroom.

White and blue is cool and pure in the kitchen.

Brown or gray for glaring, sunny climes.

A warm gray is easy to live with.

Use scarlet sparingly, it stirs unholy impulses.

System

Let routine, early weekly or daily, suggest but not command; remind one of a thousand little duties, often varied by company, illness, etc. One woman thinks of her multiform duties in bundles; and she makes a great effort to finish each bundle begun. A bout with jell, pickles, or can-

ning is a bundle; the regular morning work is one; likewise, a thorough cleaning of the sleeping floor. It gives a pleasant sense of accomplishment to finish deftly and well, and dismiss from mind, several duties a week; though others lie mountain high ahead.

Letters

Letter-writing, neat, of nice and gracious wording, inoffensive to book rule; is more educative than lecture or opera; and often gives much pleasure to others. Keep a cardboard strip of addresses, and words often misspelled in a long box, with dictionary, stationery, unanswered letters and clippings to be sent. After reading a letter pencil the envelope with items to be included in the answer—these might be forgotten. Paste ads inside of lid, and mark date beside each, after sending for catalogue or sample. Also paste here favorite verses and quotations for help in literary construction.

PINS FROM THE CUSHION

Discarded bastings for bird nest-making.

Fishline or linen twine for making baskets.

Cut and hem into towels a torn factory bedspread.

Mending wool underwear is the most profitable of all repairs.

Join soft rags and make broom covers for cleaning the ceiling.

String gold beads on a violin string—it's durable and non-stretching.

Apply pink dye carefully to the edge of faded hat flowers—they will look like new.

Expose good, pearl buttons on boys' waists; they have no other trimming.

Get wiping linen by the piece at wholesale—it's sure to be needed. Moth eaten or old robe or blanket to pad stair carpet or ironing board.

A stiff, denim pocket on the under side of an invalid's pillow, for notebook, glasses and cloth.

Big flannel collars—sailor—on children in damp climes; the shoulders are sensitive, and first to get wet.

Is the drawnwork hem tearing on a good linen piece? Cover with rickrack, or finishing braid.

Thin leather shoe tops for mattress-tabs, pot-lifters, hinges or for facing chopping mitts.

Boil a bit of suspected material in caustic potash—wool dissolves, cotton is left.

Have card in the outside pocket of shopping bag, giving sizes, colors and makes for each in the family.

Is the pin broken from your favorite brooch? With yellow silk sew it to collar—this is safer than pinning.

REMNANTS AND SECONDHAND FURNITURE

While old mattresses suggest infection, and clocks and sewing machines may need high priced repairs; some once-used household goods acquired cheaply, is desirable. Is there any wear-out to a castiron gempan, to a copper vase, to a brass bedstead?

Sink a cheap chiffonier into the wall, frame around and have a set of drawers, with no shoving about on sweepday.

Construct a baby creeping pen of a hardwood bedstead; or make a hall settee.

Put pigeonholes, secondhand, on a common kitchen table, covered with felt. Attach square legs under it, maybe shelves, too; stain wax and have a near-craft desk.

A cheap pedestal table once persisted in falling apart, the screws being too shallow in the wood. Two doorless toy cupboards were painted and fastened two feet apart, and facing each other. The table top laid on these, was satisfactory for many years.

Cover log, or studding walls, cheaply with remnants of floor oilcloth; back out, paneled and

painted. Draughtless, cheap, does not blister and tear.

One woman had a rough floor and little money. She laid clean river sand, then remnants of good linoleum, and painted all to a uniform color. One strip of hemp carpet in midroom, caught most all wear.

GENERAL SUGGESTIONS

Gasoline to clean a clock.
Ammonia for a dingy carpet.
Vinegar to mix plaster of paris.
A stub candle to cork the glue bottle.
Loosen old sash putty with candle heat.
Floor wax on sticking sashes and doors.
Cretonne for homemade picture frames.
Olive oil on leather books and furniture.
River sand on a rough floor under linoleum.
Milk on gasoline flames has saved lives.
Soap on nail, before driving into hardwood.
Beat rugs with a piece of rubber hose.
Beat on an old wetted bedspring.
Melted alum for loose handles on knives.
Sweep a carpet with crumpled wet paper.
Hot salsoda water to move varnish.
Dip a new broom into suds to lessen breakage.
Move a stove on a new broom and save your back.
Salt around a candle flame, for a lasting light.
Glove finger on brass rod before putting on curtain.
Prick ceiling blisters with a nail on a broom.
Pail of water and hay, to absorb smell of paint.

Boil wicks in vinegar for a clear light.

Three legs under a painted cheesebox for a mending table.

To raise fine glass, pat with a damp wool rag and burn.

Polish mirror with damp linen, then wool, dry.

Nail a slice of cork or rubber on short leg of a chair, and sink nail well.

To tighten a screw, put in hole bits of sponge dipped in glue.

Fix old broom handles over foot of bed for blanket airing rods.

THE KITCHEN

TO REDUCE IRONING AND TO DO IT

To Lessen Ironing

Unwise shopping causes much ironing—the laundry problem begins in the store. Shop wisely, and iron only an hour or two monthly—it's not a matter of sanitation like tubbing.

Use linen lace at neck.

Seersucker for gowns and rompers.

Ruffled crepe for beds and windows.

Dark wool bloomers, instead of underskirts.

Soft galatea dries smooth after losing factory glue.

Linen parts easily with dirt, and dries stiff.

Have runner and small serviettes at meals.

Buy firm gingham and use for flat pieces—aprons and comforters—only.

Wring lawn curtains from thin, hot starch and flatten smoothly onto a bare table. They dry smooth and stiff.

A tired farmwife returned her blue linen cloth wet and clean to the bare table—it dried smoothly stretched on the wood. Before eating she put silence felt under.

Ironing

Sand paper to polish irons.

Use cheap ironing sheet and renew often—else colors crock.

A firebrick for a stand—it saves heat and polishes.

Pin delicate lace on bottle to scrub, starch and dry.

Put a fresh handkerchief in each boy's waist pocket.

Lift a rag from vinegar, rub a scorch, rinse and iron.

To quickly iron a thick, dry fabric, steam in a pot, tossing once or twice. More diffusive than sprinkling.

Use starch thin, hot, blued and strained, add a bit of perfumed soap to prevent sticking—it's glossy, clean and lessens rustling. Use borax instead of starch for sheer collars—its makes them transparent.

FOR A CLEAN KITCHEN

A safety pin for each meal bag.

Wipe up quickly anything spilled.

Crush and burn every fly daily.

Blue and white looks cool and pure.

Narrow shelves and low are the best.

Mice and roaches leave offensive smells.

Keep dripping wraps and muddy boots outside.

Fish cleaning, and bacon slicing, on a paper.

A tomcat backed to the wall leaves a tenacious odor.

Matts, screens and scrapers intercept much dirt.

Have a smokehood and a ventilator over cooking.

The glassier all surfaces, the less dirt adheres.

Frying fat sprays out three feet—cover it.

Seven out of ten of your gray hairs are caused by your old fashioned coal range.

Clean unironed towels are sweeter than ironed, teeming with bacteria. Change often and do not iron. Hang a fresh roller after midday, it will look clean until night.

Drain waste in colander and burn in coal

heater, with hamper open. A garbage pail is a fly magnet, a smell dispenser, and it freezes too easily for quick emptying.

Cook heavily twice a week, after this whip down shelves with duster, polish windows, clean dishes, stoves and floor, change apron and clean fingernails. All will shine for a day or two.

Tilt pot rack so that pots inverted do not show black bottoms. Many racks may be steel rods, instead of boards.

Avoid copper and zinc, and metals which take much polishing.

Wipe daily with hot suds, the sills, knobs, ledges chair. This takes but a moment and makes a big difference.

Quick Curd

Dash boiling water into clabber for quick cheese and fold. Line a colander with wet cheesecloth and place clabber in oven to drip.

Small Items

A long wall canvas with big and little pockets may hold some thirty or forty kitchen items. A camper or housewife who moves much may roll and pack it one place and fix it to the wall in her new home.

Turning Plants

If you lift and turn twenty flower pots daily, how many lifts and turns for a year? One woman had a revolving pillar, with plants in up and down rows on four sides. This pillar took but little room in a high window, and turned in a second.

Blackening Stoves

Swab a stove with vinegar to open pores of metal. Many deaths occur from exploding stove polish—mix it with alum or soap powder for safety and a durable luster. Stub broom for sides.

Aluminum Paint

One kitchen has aluminum paint on boiler, garbage pail, and metal bins. No stranger enters this kitchen without delighted comments.

Walk

Did you ever watch people walk? There is a mincing walk. Such have little strength of character—there is the stiff, unlevel walk of the plodder—there is the soft-foot, sinuous walk, such scheme and pry and flatter—and there is the long, free, efficient, not-thinking-of-self walk. She sees a goal and she means to get there by practical, diligent means.

Twice Baked Bread

Twice-baked bread is slow to mildew, gives no flatulence, builds solid teeth, is not soggy in pudding and has a nutty flavor. Dry, ill-shaped loaves sliced, or broken bread in the oven, in thin pieces until all is deep yellow and brittle; pound in canvas bag and use to bread chops.

TUB TABLOIDS

Use a soap that grips.

Salsoda in boiler rots clothes.

Rub bar soap into corrugations of board.

Light weight bedding and underwear only.

Gasoline is said to soften hard flannel.

Hang wool blankets, dripping, in the breeze.

A rubber pocket bib on children at meals.

Widen sweaters when damp, to wear longer.

Reinforce buttons and strings before tubbing.

Tie two flannels over neck of bluing bottle.

A willow basket is a dusttrap—use a tub.

Confine several small laces or rags on a safety pin.

Pin shirts and dresses three-cornered on two wires.

Have a metal machine and tubs with a flame under.

Soap ink stains in sweet milk a half hour—then tub.

Scrub a carpet on the grass with suds—then use hose.

Zephyr articles—if loose-meshed—are not durable nor easy to clean.

Women without plumbing, take tub and blue flame to creek or lake.

Wash thrice a week, and avoid mildew, rain and overdoing.

Sponge a shiny fabric with strong indigo bluing water—cover damp and press.

Skin and lungs absorb the sickening turpentine—it's dangerous for expectant mothers.

Boiled soap on a little brush, for stiff overalls and canvas.

If your wet comforter weighs thirty pounds, lean a ladder against the wall and put it over this to drip—hang later.

Reverse and whip on a post a boy's pockets—else they are foul, and he puts eatables into them.

KITCHEN CAPSULES

Rub salt on stained cups.
Grind horseradish in the wind.
Salted egg white beats quickly.
Charcoal, on floor of potato bin.
Thaw frosted apples in the dark.
Bottle mustard is extremely binding.
A revolving steel in the kitchen.
Whey for the chickens—do not waste it.
Invert an electric iron for cooking.
Boil and eat the curled fern tops.
Hot fat ruins the temper of knives.
Clear a fire for toasting with salt.
Burn peels in base burner in the winter.
Boil lye in a burned pot to clean.
Potato water cleans silver forks.
Apples instead of tomatoes for catsup.
Bury meat in charcoal to keep sweet.
Milk soaking for dried walnuts.
Cup of water in oven for even baking.
A dash of cold water to settle coffee.
Green tomatoes for an uncommon pie.
Lift fat from hot soup with blotting paper.
Charred paper and rags clog the range.
A lantern in root closet on cold nights.

Slice onions under a running faucet.
Tacks, soda and water to clean bottles.
Mix cornstarch in the salt to prevent lumping.
Use a spatula for many kitchen purposes.
A rat costs you seven dollars a year, at least.
Cabbage, onions and rice water for soup.
Extinguish flaming fat with a cover.

POTS

Sandpaper to polish.

Copper has poisoned families.

A seamed pot is never cheap.

Avoid curving snouts.

Wide bottoms for quick heating.

A copper teakettle takes much polishing.

A white interior shows up every speck.

Vinegar boiling for a tainted pot.

Boil lye in a burned pot—empty and chill.

Grease new tins and heat to make non-rusting.

No metal on the place rusts quicker than a tin lid.

Screw knobs to enameled plates for nonrusting lids.

Lye boiling followed by vinegar boiling for a badly burned pot.

A cast skillet holds heat evenly and does not bulge.

Buy no deep heavy cast iron pots unless you are training for an athletic career.

Heavy black tin is durable, and slow to rust—cheap tin is satisfactory only for the oven where it gets black-coated and cannot rust.

Heat cast iron gem pans on the stove while the

batter is mixing—thus it bakes before even touching the oven. Have muffins feather light, in fifteen minutes on a cold morning.

To save potwashing use the new paper baking bags; or put serving bowls into a steam cooker?

Wipe and serve.

A busy mill girl cooked over one burner—she puts stews, soups and veletables into white quart cups, cooked several in a single pot with no burning, wiped and served. The food poured without spooning, cups hold heat and draw little dust or flies and she saved stove space and fuel.

DON'TS FOR THE KITCHEN

1. Don't wash meats more than is absolutely necessary, especially game and fowl, because it has a tendency to destroy the natural savor or sweetness.

2. Don't throw out fat after frying or boiling pork or bacon, but keep until there is a quart or more, then simmer over slow fire till the fat ceases to bubble. Turn off the clear fat from the sediment. The fat makes excellent shortening.

3. Don't put cheese, muskmelons, onions or other pungent articles in the refrigerator as the odor will taint the milk, butter and other foods.

4. Don't forget to have the oven, whether fire or gas, at proper heat before putting in meat or pastry.

5. Don't have a hot oven for simple milk puddings or the milk will curdle.

6. Don't forget fresh meat should be put in boiling water; salt meat into cold water.

7. Don't forget good frying is boiling in fat instead of water, therefore the boiling fat must cover the food that is fried.

8. Don't slam the oven door when baking

cakes or pastry or the cold air will spoil or make them heavy.

9. Don't forget in boiling meat that it must not be allowed to boil. In boiling vegetables do not let the boiling stop.

10. Don't put salmon to boil with cold water; always have the water hot, because it retains the color of the fish.

11. Don't guess the quantity of anything; always weigh or measure. Accuracy is important in the kitchen.

12. Don't open the oven door while pastry is baking until it has been in at least seven minutes to set.

13. Don't forget that a dirty oven is liable to spoil the flavor of anything cooked in it.

14. Don't cover the heads of asparagus when boiling. Tie firmly, stand them upright, only place water up to the green part.

15. Don't let soup boil, only simmer; the excellence of the soup largely depends upon this.

16. Don't boil potatoes too quickly, or they will be soft outside and hard inside.

17. Don't butter cake tins; warm them and then rub with a piece of beeswax, which gives a nice glazed appearance to cakes.

18. Don't make custard without scalding the milk, which should be poured hot on the eggs.

19. Don't serve greens or onions until they have been boiled in two waters at least.

20. Don't boil eggs; put into boiling water, cover with lid, remove from fire for five minutes. The eggs will be thoroughly cooked, light and digestible.

21. Don't boil clear soup; let simmer. Boiling clouds it.

22. Don't boil milk, which loses virtue at boiling point; scald by placing vessel containing milk into a pan of boiling water until it creams.

23. Don't cook milk puddings quickly.

24. Don't fry anything unless the fat is boiling, because it makes the food heavy or sodden.

25. Don't put sauce pans away "soiled" after using them; wash well with boiling water, and dry with a clean cloth.

26. Don't leave the lid of the sauce pan on when boiling cabbage; it spoils the color.

27. Don't allow articles of food or other things to accumulate; when cooking, clear up as you go.

28. Don't wash omelet-pan after using; rub with a dust of hot dry salt and soft paper.

29. Don't put vegetable, scrubbing or other brushes on backs, but always keep with the bristles down.

30. Don't throw away sour milk; it will make

sweet light bread, griddle-cakes, tea-cakes, and pastry.

31. Don't waste cold vegetables; fritters, purees and salads can be excellently made from them.

32. Don't grill a steak on dull, smoky fire; a sufficient quantity of dry salt thrown on will clear it.

33. Don't put pastry into slow oven; the fat will melt out and the pastry will be hard.

34. Don't leave food to get cold in the vessel in which it has been cooked, unless of earthenware.

35. Don't keep canned provisions in the cans after being opened; the air renders them unwholesome.

36. Don't throw away burnt frying-fat; boil the fat, put in a raw carrot, the burnt taste will disappear.

37. Don't buy in driblets; purchase in bulk whenever possible, especially staples, such as sugars, spices, coffees, teas and seasonings of various kinds. A store-room built in one corner of the kitchen or near by, will be found valuable for keeping these and other household supplies. The things needed for the day should be weighed or measured in the morning for the cook, and the door should then be locked. Potatoes and turnips

should be kept in a temperature not cold enough to freeze them or warm enough to cause them to sprout.

"Man, as a rule, is an impatient creature, especially when returning home after a day of work and worry. If the meal is not quite ready, don't make excuses, but commence at once to set the table, leaving the impression that the meal is nearly ready. In the meantime hand him a newspaper or suggest some other pleasant pastime. His attention having been diverted, the meal, for the time being, will be forgotten until it is ready. This, of course, is a little deception, but it will work nine times out of ten, if shrewdly managed, and it is decidedly better than 'roasting him' or keeping him 'in a pickle.' A husband properly 'cooked' is really delicious."

PRACTICAL COOKING RECIPES

JUST BEFORE MEALS

The last month before the new crops come in, is a difficult month for the meal planner. Canned goods are watery and expensive. People call with one voice for "garden sass" where little can be had. The blood is thick, and at no season is sour food or green sprouts more enjoyed.

Put sprigs of mint into iced tea.

Dig some of last year's parsnips.

Boil the early tips of ferns, and the shoots of dandelions.

Try dock, lamb's quarter and plantain. While young and tender. Cut cabbage sprouts from the stub—they are delicate for salad. Boil the sour purslane—it's more welcome on the dinner plate than in the garden rows.

Try milkweed sprouts as a substitute for asparagus.

Before the snow leaves, put set onions into a tub of very rich soil—tilt to the south and cover nights.

Pickle the withered crabapples with vinegar, sugar and cloves.

Pickle stringy old beets and carrots with curry sugar and vinegar.

Have parsley and rhubarb in a cold frame and under tree leaves—these warm but do not smother.

Boiled radish leaves are very tender; cut the outer leaves of lettuce without disturbing the root; pea pods may be eaten half mature, if they grow in a foggy Northern clime.

BREAD

Many women make coarse-grained bread for a quarter of a century and call it good because it is not heavy or sour. Good bread should display long slender bubbles, as the loaves are torn apart— a square cavity means coarse bread.

Salt in sponge checks fermentation—sugar, too. The latter makes alcohol, which passes off with heat, but spoils texture of crumb. Add these to solid dough, only.

After many years of bread disappointments, the writer finds that—in cold climes—a thrice mixed potato sponge is best. Mix a dry yeast cake, flour and water, and keep in summer heat, on the second morning cook and mash two large potatoes and stir again; mix solid dough on the third or fourth morning. Shorten process in warm climes. Your dough should bounce and squeak under your hands like a live thing; in the oven it should mount blithely skyward until only the top of oven stops it. Nothing avails after using poor sponge. Grocers for some reason often recommend poor flours. Confer with your neighbors.

Handle solid dough three or four times, pulling it one way, especially in shaping the loaves—

to give slender bubble. Salt heavily for salt holds moisture, and delays drying out. Set cup of water in oven to even the heat.

To "Varnish" loaves, swab them with vinegar when almost baked and return to oven—they will shine as if painted.

NEVERFALL EGGLESS GINGER-BREAD

Most recipes produce a crumbly, rich loaf, tiring to stomach and expensive—often with heavy streaks. Have you had molasses loaves, repeatedly sink in the middle when unpanned?

Leave out part of grease and sugar, and add a little cornstarch—this with or without eggs can be baked thin, never falls, or has heavy streaks and is velvety in texture. Lacking cornstarch, use a little farina. Grated lemon peel and spices for flavor—add fruit or nuts as desired. Mix all except soda and a bit of flour and let stand overnight—thus the acid tenders the flour and the soda ambitiously follows to the remotest corner, making myriad pores and leaving no heavy spots, the affinity of vinegar and soda is so great that not a speck of dough is neglected. A fresh molasses loaf is liked by all; and this one, being butterless and eggless, may be served often, displacing richer dishes.

One-quarter cup cornstarch.

One-quarter cup shortening.

One-quarter cup sugar.

One-half cup black molasses.

One-half cup vinegar.
Two cups cold water.
Salt.
Flour for a soft pouring dough.
One teaspoon soda with the last bit of flour.

Frozen Steamed Loaves

Add a little cornstarch to all steamed breads and puddings, use little or no sugar or shortening, encourage dough to cling to sides of pail, and do not let the water stop boiling—with these precautions your loaves are as light as the feathery snow. Being greaseless they are easily digested, and a store of fruited or spiced loaves may be frozen and heated weeks later. Have a special steambread day in the late fall, and make a quantity.

Hot and Cold

Scald tomatoes or peaches or cooking apples to skin or peel.

Heat a rusty old pen to move—heat at neck to move a glass stopper.

Hot eggs in cold water to shell easily. Scald butternuts to shell quickly.

Dip fish or fowl into scalding water to dress.

Try scalding and chilling a cocoanut.

Money Venture

Each of a score of home arts may be enlarged to a money venture—a trade secret or two may support a family. If need comes, can you hatch birds, weave rugs or make vinegar? Cooking for hire pays better than office or mill work, when board, time in transit and all is considered. A girl is safer in this cruel world with two trades, and one may fitly be cooking. There is no danger to life, the work continues the year around and people deaf, fat, stuttering, crippled, repellant, etc., may thus support themselves.

Meat Economy

Have the trimmings sent home. Internal organs give little waste. Cured pork digests better than fresh. Lamb's kidney is cheap and delicate. Add fish eggs to the fish filling.

Wet meats—stews, chowders—go further than dry.

Bread crumbs in hamburger steak to make tender.

Hollow a cabbage head, fill with sausage and crumbs, tie and boil.

A little vinegar and oil on a tough steak for two days—pound with a bottle and broil over a blue flame. Some "crust" a steak with a sprinkle of sugar. Salt on plate, eat hot.

JELL

Use cane sugar only.

Heat dry sugar in the oven.

A dry fair day to boil jell.

Many cooks mix several fruits.

Stale gelatine is dangerous—it is a flesh product.

The more pectin the easier fruit jells.

Use fresh fruit a little under-ripe.

Beware of buying stale rain-soaked berries.

Add bits of lemon peel to increase pectin.

Some add vinegar to a too sweet syrup.

Use a bread white lined pot.

Boil a cup or two at a time over a good fire.

Some assist jelling with the outer skin of carrot grated.

Too little sugar, a tough, sour jell—too much, it will not stand alone—use three-fourths cup sugar to a cup of juice.

Slices of lemon in a muddy syrup causes scum to rise.

Use lemon and have it jell quick and clear as a jewel.

For quick juice line colander with wet cheese

cloth, and set hot mashed fruit in oven to drip—heat keeps the juices flowing.

Can juice airtight for late winter jell.

Mix paraffine with hot jell—it rises and seals.

Label glasses with kindergarten crayon.

Dried apples jell but mildew easily.

Add mint to this jell and color green or add rose flavor and color pink.

For a cheap jell, apple trimmings and rhubarb or pineapple trimmings and dried apples.

Currants need no stemming, reject leaves and rubbish.

Elder jell tastes "weedsy," it's a tonic and beautiful as a gem.

EGGLESS MARBLE ICING

Most sugar icings grain coarse, and fall in lumps when handled, while an egg icing is costly and smears the inside of a picnic basket. A plain sugar icing needs clever manipulation, and by adding vinegar, cornstarch and glucose it can be made to stick. Chill bottom of hot syrup and stir, and you will be surprised by having granulated sugar grain as fine as powdered; indeed, powdered is not needed even for candies.

This icing should be a household institution, it saves dollars yearly, keeps, does not smear, and is quickly made.

Grained syrup will not spread, so use it liquid and half-grained—beginning to "milk." This color proves that it will cool like marble, and not sticky. Spread part of liquid on a cold loaf reversed, giving attention to sides, rewarm the rest, crushing in a few drops of water with a silver fork, when well "milked" pour on the top of loaf and spread. The last always hardens while one is using the first.

Scant cup sugar, tablespoon glucose, two tablespoons vinegar, one tablespoon cornstarch, water to mix—boil to soft ball stage. Set pan in cool water, stir and flavor—when it begins to "milk" spread part and rewarm the rest.

QUICK AND CHEAP CANDY

This recipe gives the children a simple, inexpensive candy which you need not wipe off every door-knob and chair in the house. Triple the recipe and develop three kinds with cocoa for one, nuts for another, and maple flavor for a third. Drop candy warm from a teaspoon into a shiny paper dusted with cornstarch. Carries well in pocket or picnic basket. Use more glasses with mint, and have delicious soft mint wafers.

Do you cook for hearty outdoor men? Keep a store of mince pies frozen—sprinkle and quickly heat as needed.

A good pie board was made from a broken plate glass window by smoothing the edges with a file dipped in camphorated turpentine.

Scrub oven potatoes with white suds, then with weak vinegar to bleach—grease lightly—put cup of water in the oven for even baking. Roll in a towel when done, to "flour" the inside.

Butter in winter spreads further, and tastes "farmy" if crushed with warm milk and the fluid poured off. Warm rancid, strong butter with

water, chill and pour off water—repeat. This makes it edible.

Rank or old bacon is tender and savory after soaking, sliced, skinned and scored in vinegar water. Slice a week's supply and be ready for rush meals.

Busy people keep dry ingedients mixed for quick biscuit. A big milk pan turned over a blue flame, reflects heat from its bottom and browns them nicely.

If you live high above sea in thin air, readjust recipe for cake. Use less fat and sugar and more eggs and flour. Also boil beans and dry foods long.

Cook together water from boiled pumpkin and cane sugar, for a yellow syrup better than maple. Some collect sap from birch or butternut trees, and boil with cane sugar for a woodsy syrup like maple.

Lemons contain oxygen—they are a wonderful fruit, and seem to clean everything touched by juice. Juice for tartar on teeth, for tarnish on metal, for spots in the laundry, for a black ring on neck, for clogged kidneys and to clear boiling jell. Keep skins on shelf for a body's grubby black hands.

Soak lemons in hot water, roll under hand and get twice as much juice—grate peels for flavor,

dry for kindling, or use to supply pectin to boiling jam.

Cheaper Soup

Buying separate ingredients triples the cost of tomato soup. To reduce cost heat a can of solid soup and add any vegetable water or stock on hand.

Mince and Pumpkin Pie

Package mincemeat is overspiced to keep—adding a bowl of left over rhubarb or peaches improves it—or add the last jam in a wooden pail. Citron in mince pie for a new taste.

For each egg omitted in pumpkin pie use a teaspoonful of cornstarch—cheap and never "slushy." If pumpkin is scarce, add mashed carrots. Grated lemon peel improves this food.

Pickles

Pickles are attractive with a special color and spice for each—little white onions with white vinegar, carrots and curry, beets and cloves and for the glowing tomato save the glowing chili.

Keeping Bread

Bread quickly molds from floating spores in the air—boil container often. Buy no varnished breadbox with seam, a small wash boiler is better.

Some tie two fresh loaves to be eaten last, in paper, and lay near ice.

Cheap Conserve

Carrots grow quickly anywhere, while apples are sometimes costly. For a cheap conserve in a cheap container try this: Parboil young chopped carrots and turn off the first water, and add an equal quantity of apples peeled with sugar and spice to taste. Cook all day in bean pots in the oven—it does not burn in fire clay—and seal with paraffine. Does not freeze and burst like the expensive glass.

Economy Tricks

A woman with boarders labored faithfully fourteen hours a day and was about to go into the hands of the sheriff when she began to apply a score or so of the ideas in this book. She soon paid all debts and began to prosper.

While we carefully reject stale fish, eggs, or soup in the interest of health, there are many harmless economy tricks. Our motto, "Health and strength first, then save."

Docks

Is there any wild vegetable which produces any greater mass of edible matter easily and quickly in spring than the dock? Have a row

of dock in a remote corner of the place, and enjoy pot greens.

Under Three Heads

Think of work under three heads—that which must be done, do it early before your strength is gone; that which is highly desirable but which may be deferred in case of household alarms, as window cleaning and home baking, and fancy activities for style or amusement only—the last for those who have plenty of time and money.

Burning Pie Juice

Does pie juice burn and smoke in your oven? Press into the center of each pie a one-inch funnel of stiff paper holding a few breadcrumbs—these will lift the excess juice.

To Crisp Rubbery Grains

Entire wheat is cheap and nourishing, but rubbery and rank tasting. Some use double as much yeast for a loaf. Corn products—farina and cornstarch—come crisp and fragrant from the oven and are valuable mixed with the wheat since corn crisps the texture of bread and modifies the strong flavor. Make whole wheat muffins or biscuits with one-fourth corn.

Crumb Cake

Soak heavy or stale crumbs in vinegar and water over night—the acid is penetrating and

makes tender—in the morning squeeze through fingers, reinforce with egg, sour milk, flour and soda and have excellent crumb griddle cakes.

Sugar

Sugar is at war with whiskey—a man who likes one never like the other. This food gives quick restoration and urges the heartbeat. Encourage the eating of pure candy by men and boys who get pinched and blue with cold and fatigue—it may save them from something worse.

Flavor ice cream with a melted peppermint stick. Enclose two quarter lemons in a rich fish before baking. Cloves and cloth over plum butter to retard molding.

Crumbs in frying onions hold the juice which burns so readily.

Cook pie crust and vinegar filling separate—fill cold. Make vinegar with the very sweet dregs from teacups.

Boil pot on one side and bunch scum, for easy lifting.

Invert glass jar tops in warm paraffine to seal securely.

Broken head rice is as nourishing as whole, and cheaper.

The delicious lamb's kidney to eke out a giblet pie.

Use a long cast spoon to readjust your coal-fire.

Bring linoleum up to the wall for a wainscot, and avoid a crack.

Dig fingernails full of soap for gardening or stove cleaning.

Glass of tri-colored jell for a Yule gift for an invalid.

Lay a doughnut shaped biscuit on a common one for a patty shell.

Smoked beef keeps moist, if submerged in black molasses.

Rubber caps over faucets when dishwashing, to lessen breakage.

Add acid after cooking lemon pie filling, and notice the difference.

Put a metal handle on the cornpopper, and re-heat foods in the furnace.

Keep fruit cake dough overnight, the fruit tenders and swells.

Knife in warm fat before cutting cake, cheese or citron.

A small new paint brush to grease tins.

Spike tube cake-tins to the ground to feed poultry or pups.

Chill bottom of scorched feed, turn into clean pot and continue cooking.

Freshen mackerel skin side up in potato water, sour milk or whey.

Dip animal crackers into pink icing, and adorn edge of party cake.

Use tea leaves in sweeping, to fertilize a rose-bush, or to poultice a bruised eye.

LEFTOVERS

Since boiling kills organic poisons, a healthy family do not object to eating their own broken victuals, nicely remixed, seasoned, and browned. In a restaurant, scraps do not inspire one with confidence—since their biography is unknown. A prudent home manager orders fresh meat for one meal only; for the lesser meals she delights her family with an endless variety of deviled fish, cheese sandwiches, etc., from the icebox. These being boned, minced, flavored are often more savory than the original. For their construction it saves money in the end, to keep on hand salt pork, peameal, sage, chives, onions parsley, macaroni, curry and solid canned soups—not forgetting the always needed twice baked crumbs. Scrub and hack the feet of poultry, and add with neck and wingtips to stock. Nape of fishes neck for chowder. A bit of breakfast oats cooks to fluid, thickening, and gives a nutty taste to stews. Use sausage to stuff hollowed onion, cabbage or tomatoes since it has seasoning enough to flavor the holder.

One clever mother on bakeday, filled some ten or twenty jell glasses with fruit and spiced the

bits—mostly leftovers—and let her children forage for themselves on her busy days. For these "surprise" glasses she gingered sweet pumpkin, she poured chow chow over a beet or a carrot, she added figs to a little mincemeat, or shelled corn beef, or poured syrup over popcorn and nuts. Of course she had the usual jell, marmalade and apple butter.

VINEGAR

Keep a big vinegar jug at your right hand in the kitchen, for this acid is a mighty magician.

To clean lampwicks and burners—to clean a sour sponge.

In plaster of paris it hardens tardily—it takes alkali from wool.

To bleach market eggs, to clean smoked mica, to kill nits in heads.

To tender a steak, to bleach a potato, to set a poached egg.

To sweeten a fishpan or bedroom vessel, to rub out a garment scorch.

Vinegar steam in the oven to tender a roast.

Move paint on glass with it, or swab a stove for blacking.

It bleaches boards, it gives coppery lights to gummy brown hair.

It prevents graining of boiling sugar, it tenders a hard old ham.

It makes boiling rice white and separate, it tenders kale and beet.

It makes cottons and linens whiter, it plumps withered nuts.

Add to a too-sweet jell in the boiling, pickle mint in it for winter.

Use it with molasses in place of sour milk in cakes.

Swab baking biscuit with it for a varnish.

Spice and pickle a rich fish with it, make sauce for rich pudding. Enclose cheese in a vinegared cloth and a paper to keep long.

Stew sliced cabbage dry in vinegar, then add cream and avoid curdling—no cooked cabbage is better.

Tender oats or wheat in it before mixing wafers or brownbread.

Fry old corky apples, and sprinkle with vinegar.

Vinegar and salt to clean brass—then olive oil for a durable shine.

For a stiff creamy dressing, for lettuce and slaw add one tablespoon vinegar to ten of thick canned milk, two of sugar, and a pinch of salt, and beat hard in a deep, slender vessel. Add any seasoning liked. This is too stiff to pour.

PRACTICAL COOKING RECIPES

Boys at Work

One mother almost despaired of teaching her boys industry, when she tried keeping them apart, and working with one child. She gave him berries to stem, a row to weed, a loaf of cake to mix, or a stack of rags to cut for a rug, while she worked beside him and they chatted happily. The result was almost magical—there was scarcely a grumble, and twice as much work was done.

Making Recipes

Hundreds of recipes appear in print and quite bewilder us with their clever variations and disguises; but when stripped to main parts they stand revealed as the old, old dishes of our granddames—with frills and a new name. Think of foods under a few heads, as shortened and unshortened cakes, salads, soups, etc., and save yourself from distraction.

Take the essential parts of a dish and add whatever frills are handy, as nuts, spices, gelatine, cream, fruit for variation. A farm wife uses cream for all shortening, a grocer's wife

must use many stale perishables and a busy woman wants quick results. A woman tied to a cook book is a woman fettered.

Fat

To reduce lard bills, collect fat from various sources, heat, add a little soda, and lift the scum repeatedly; strain into a clean vessel—it will be white and solid. Do not choke and weep when frying out fat but put a small covered saucepan into the fire, and close lid over it—all smell will suck up the pipe. Turn out hot fat in the woodshed, and there is no trace of an odor in the rooms. Render little and often.

Water boils bubbling, fat boils still. Fry when a blue smoke rises—sift in a little flour to lessen spattering, and keep the face away from hot fat.

Save rancid fat to hurry the oven. When fuel is wet and the meal is late, pour rancid on the top of oven—have it roar loudy to brown the pie or biscuits. Quick and safer than kerosene.

Grate a burned loaf.

Chill metal, if cake adheres.

Stale eggs and gelatine are dangerous.

Cheap shortening in spice cakes.

Fruit keeps better than nuts in a loaf.

Bakers use pastry flour and few eggs.

Always add soda dry with last of the flour.

Sticky filling between, glossy icing on top.

Put cornstarch with bread flour, or it's too gluey.

Use a spoonful of cornstarch for each egg omitted—a partial substitute.

Add cornstarch, to sponge cake, and it will not fall.

A sound apple in the box, makes a cake keep longer.

Standing dough overnight, improves many cakes and cookies.

If you have no sour milk, use vinegar and black molasses.

Grease and flour the tin bottom only—encourage adherence at sides.

A thick dough cracks and mounds—use thin-

ner containing cornstarch, that it may not fall easily.

Cut up figs and prunes and candy in a lemon syrup, add to loaf.

Thin-edged and crumbly cake slices are partly wasted.

Do not lift cookies to pan, roll them on flat metal and lift trimmings only.

Sprinkle sugar on cookies, before baking, to crisp them.

Sealing up steam with icing in a hot loaf injures the texture.

Thin warm icing runs little, if the loaf is well dusted with cornstarch.

GARDEN AND YARD

A TINY HORSELESS FARM

Many farmers are land poor, paying taxes on and keeping up a big tract; while some people locate on a thirty-foot rural lot and find themselves without either crops or city position. To live from a wee horseless farm—aside from a dairy or mail order project—locate near a marsh for geese and bees, or near water for vacation boarders; or near crossroads for motorists' tea room; or near a carline for easy marketing with crate and bag.

One horseless grower packed candied fig tomatoes in lace-edged boxes—they sell like candy, and are very productive.

One sold cider—honey and eggs too—crab-apples are easy to grow.

One woman farmer had a route, selling eggs, grated horseradish, cottage cheese, and certain novelty catsups and pickles.

One's specialty was honey and rhubarb for colds.

One woman sent a boy to special buyers with hares, squabs, frogs, poultry and sucking pigs.

One woman near a big lonely marsh sold down

pillows, honey and queen bees, and geese eggs for hatching.

One with a self-supporting country home, offered soft drinks to Sunday motorists; but her gain came mostly from sidelines—eggs, freckle cream, souvenirs, blooded lapdogs and candied fruits in boxes.

A waterside farmer rented tents on her lawn to vacationists and boarded them. Her boarders' season was strictly limited—after spring weeding and before the harvest. Her sideline was fishing tackle, skin lotions, post cards, and herb or blossom pillows.

It will be noticed that few of these had to struggle with license expense, commission worries, or the hard task of hawking. They each raised much food for home use.

YARDLORE

A bit of rich ground the size of a blanket, will produce enough salads for a family all summer. The American backyard is one of our neglected resources; while we press cotton seed and melt lead pipe, why do we not farm our yards? A European farmer flattens and ties his fruit vines against wall or fence, and sets rhubarb between. His fruit trees ripen overhead, his salads on the ground, and his roots under. His paths stretch under trees, his cucumbers hang over the edge of a tub, and he even harvests mushrooms under the floors. His crops are overlapped, and he grows quick crops between the rows of slow ones, before they spread. Bugs nourish his layers, pigs eat his weeds and windfalls, his honey comes from wild blooms, and he collects snails, gooselivers, and mussels, for table delicacies.

School children help after book hours; kitchen slops manure his vines and trees; and he tans his own goatskins and cowhides. Members of his family who are too deaf, fat, epileptic or crippled for a city payroll, help as they can about the crops.

Wild vegetables are gathered in lanes or

meadows; twigs or peat are burned for fuel; and a flock of geese are herded at large by some one, very old or very young.

Foreigners stand aghast at the insane wastefulness of Americans. With Nature's horn of plenty poured into our lap, with vast idle tracts of land, we yet import feed from the four points of the compass. Let us try to produce more, as the European does.

Managements of Seedlings

Agitation about fly hatching has made old manure hard to get and a mass of last winter's manure near the tender baby roots, heats dangerously in dry weather, unless kept soaked. Take no chances with heating manure, but jab deep holes near each seedling, and fill again and again. Also an old gardener overlaps crops, since it's no harder to weed, water and stake three vegetables in a row than one; the seeds with due regard for their size and tastes, and lifts perhaps, spinach in June, lettuce in July and parsnips in winter, all from the same row side by side. Also the old gardener seeds in a two-inch groove, so that the seed can better draw up moisture, and escape the beaks of birds.

Rhubarb

Grow rhubarb along a shady fence where few things thrive; or in a large henyard—birds do not like it—or have it in a cold frame to be filled with tree leaves and manure for forcing. This crop makes marmalade better than berries, takes little attention, and yields often and much, even in far northern parts. It should be seen in the north, sloping yard; in the busy man's yard, in the tiniest and shadiest place, and in far northern latitudes.

Portable Canvas

A portable canvas house with a glass window is always in demand in one home. In winter it shelters forced rhubarb and the chicks—they do not eat this vegetable. In summer moved and sprayed, it's a child's wet day resort, and a sleeping room, and in fall it's moved to the forest for a hunter's lodge.

Hens as a Bug Trap

One woman feeds her hens full with culls and thinnings, then a little before sunset she lets them into the vegetable garden, where she follows them with a stick. They scan each row for bugs but are too fullfed to damage crops much. They reach bugs too high for the toads.

Early Crops

Early crops are profitable—there are several ways to hurry them:

Inoculate soil with certain bacteria.

Keep under red glass, or give red light.

Use of anæsthetic, especially ether.

Electric wires over plants in rich soil.

Lengthen the day with electric lights, but avoid all night light.

Absent Irrigation

A tired woman who lifted all water from a thirty-foot well, had a syrup tin or keg buried between each two bushes or vines—the cork only exposed. With a funnel she poured in kitchen slops, and corked the vessel. The water dripped for days, from pinholes at the bottom, refreshing the thirsty plant with no waste—filled each by turn, leaving a funnel to mark the place. She had the only fragrance and gay tints, when the whole region was sunbaked and bare.

Weeding

A worrisome big mixed garden, needs a man's muscle and a woman's petting. Hoeing a weed apart in wet weather, causes it to start a new plant from each undersoil joint. A crafty gardener hoes only in dry baking weather; but on wet days works to more purpose by lifting

small weeds, roots and all, into an old pail to be destroyed. Also lifting each wee root as one spades or seeds a new garden saves much trouble later.

Borders not Beds

Nature, the matchless gardener, never tortures plants into round or crescent beds. These make a yard look smaller, and unsleeping clover invades them, while romping dogs and children damage them. Plant soft-stemmed things along a wall or fence.

Toads

Toads are bug and worm traps, which take no bait and never rust. Gather wild toads, give cool retreats under boards in corners—they feed in the evening when the birds are off shift. Their tongues are not sluggish, nor appetite dainty.

Roofs Repeated

Repeat the lines of your roof in well-hood, arch and hooded gate—the barn, too. Use everywhere the same four-faced or wide eaved effect. Roofs rising from masses of foliage are pleasing, and several of the same give an opulent, plantation look to a small property.

A Hoeless Spring

One woman farms every spring with a large spoon and a sharp stick, rather than a hoe. With

a stick she makes the crusted soil receptive to every drop of the fertilized water, which is so tiring to pump and carry; also she jabs a hole between the last two plants, and the eater goes no further. With the shining spoon she scrapes down weeds, buries manure, crushes worms, breaks the crust and resets seedlings more easily and safely than with a rusty, lumbering old hoe.

A No Cost Pump

Did you ever hear that every plant is a tireless pump, drawing up water and throwing off vapor to cool the air? Indeed a large tree lifts an almost incredible number of barrels of water daily. One man found a low, miry spot in the road near his rural home, here in dry season he dug a hole and filled it with broken bricks and dishes—planting beside it some young lilacs. These greedy bushes lifted the water that no one wanted, and a dry beauty spot delighted the eye of every traveler afterwards. Set a crabapple tree beside a muddy spot in a country road and have a tireless pump, beauty, fragrance and eatables at little trouble.

Choose slim evergreens, vines, everbears, and small plants for the tiny city garden.

Test doubtful seed between blotting paper, in a wet saucer for a week.

Attach small bottle to shrubs, have name of shrub inside and cork.

Do not let little plants stop growing, they harden, and will fail to thrive.

Have a stout, brown yard apron; in pocket carry twine, shears, trowel and gasoline.

Wooden wall pockets in corner of shed or toilet—they have no corners to bruise one.

Horse droppings above the soil burn seedings and draw bugs; under, they hold water like sponges, and gently warm.

Plant near a south wall, in severe climes—it turns cold wind, it stores heat during the day, and gives it out at night.

Flowers crowd up to large, flat stones; they store much heat and conserve moisture.

Does a growing cabbage split? Run a knife down to sever some of feeding roots, and make it grow slower.

Flour the ground near the henhouse, and the thief must leave his prints.

A gourd for a hand birdhouse, or a keg. Put a backless box near the window of quiet room, and watch bird housekeeping. Face all of these to the south.

Have metal hens' nests, and set in fire with the filling—heat is the best disinfectant. Collect weeds and rubbish in metal and fire, also.

Keep cutflowers in water overnight before shipping—the stems draw up a reserve. Some slit up the stem a half inch to assist this storing of water. Some enclose ends in a cut potato to ship.

To frighten birds, some support long paper streamers on a string, just above the garden row; the breeze floats these enough to frighten birds.

A sloping trench, filled with stones for slops—to not kill the pretty, clean grass at the door. Bushes beside this trench, grew like Jack's beanstalk.

In winter develop lilac switches in cans of water in the house. The flower germ is there waiting for warmth to swell.

To repel body insects and give quiet sleep, try bedding pigs and ducks in spicy herbs. Many grow wild and freely.

Boil the wormy fish and feed to hens to make them lay. Shoot wild rabbits, if plentiful, and

stick the carcasses on nails to induce jumping in the shut-in season.

Rub tree trunks with beef liver in late fall, to disgust rabbits. They have delicate noses, and one good application is said to protect bark, through the hungry winter months.

Large sunflowers have five merits—they grow in poor soil, are bee pasture and beanpole while living, and kindling and hen feed when mature. Omit something else if necessary, and have these good-natured giants.

A tired farmwife grew her flowers in an old horse trough, raised three feet and between the door and the well. Hens disturbed it little, kitchen water refreshed it, and its weeding, caused no backache; while the shy pansies were high enough to be looked at.

For seedlings, bake and sift soil. Some use a bottomless cardboard ring—for rank growers a sod reversed.

One contriving woman had chicks in a portable canvas house, she also found dozens of jelly glasses empty on her shelves. She placed a seedling under each glass, braced manure around it with sticks, and placed canvas house over a few score plants, and the chicks were unable to harm them. The house was moved later, and the shock of transplanting was saved.

FOR THE WOMAN WITH THE HOE

Coal ashes on country roads.

Red glass hastens vegetation.

Gasoline to kill dandelions.

Encourage snakes—they eat mice.

Salt the garden paths to lessen dust.

Move trees in the twilight on a cloudy day.

Buy a bonemill and pay boys for bones.

Mend a leaky tub to hold liquid manure.

Earthworms help; they tunnel and loosen soil.

Suet in netting at the window, for winter birds.

Loosen rust, by soaking tools in sour milk whey.

Vaseline on neck and hands, to prevent sunburn.

Kerosene lightly over neck and hands, to repel gnats.

Tie little bells on cherry trees to scare off pilfering birds.

Put mothballs in runs and close—the moles will speed thence.

Support rows of peavines, by stringing thick twine on two sides.

Hang mothballs in little bags, on vines, to repel certain insects.

The smell of buried fish in the garden, draws the mother of maggots.

Kill poultry at home, and use blood and ground bones on the soil.

Has Nature anywhere a prettier color than the early rhubarb?

Ducks in the marsh, are Nature's check for the mosquito.

Some like the garden tools to work the narrow rows of the posies.

Plant shrubs and bulbs for fall and spring effects; everyone has flowers in summer.

FERTILIZER

As this continent grows more densely peopled the problem of soil enrichment becomes even more pressing. Our modern tendency to use gasoline vehicles instead of beasts does not help the soil. The dooryard farmer with hens, who carries out an endless supply of soot, slops, ashes, waste and brine, has with hen droppings an enviable sufficiency—especially if he grinds bones and turns under peavines. This question of soil restoring is one reason why the big farmer fails, and the tendency is toward tiny farms.

Too much fertilizer may damage more than none; use little and often and watch results. Helpful bacteria near top of ground must be encouraged, especially in new, sandy or sour land. Enrich "nastily" with bedroom slops, barnyard mire, kitchen waste and poultry blood—not forgetting lime on new soils.

Use soot teat sparingly.

Bury fishheads deep near bushes.

Ground bones are excellent.

Salt water is liked by some.

Nitrate of soda is also good.

Liquid manure is good for cucumbers.

Bits of glue near roots of choice plants.

Give a plant a few drops of ammonia.

Hog manure is richer than most.

Hen droppings have much mineral.

New sawdust or coal ashes are harmful.

Wood ashes abound in mineral matter.

Ashes from an airtight heater are as fine as flour.

Try skim milk sparingly on a prize plant.

Rusty nails and filings for trees and shrubs.

Castor oil at the root sometimes revives a dying plant.

BABY

A STRANGER

A new baby's head is out of shape, his brow, hair and complexion change, and the eyes often recolor completely. The nose tells nothing, and the teeth have not come. Nothing shows inborn traits except fingers and ears—a character reader might pause over these. Is it not profitless to talk of resemblances in a new baby?

Since each child brings a unique personality from the herebefore, and influences the mother powerfully for months before and after birth, just here is a chance to get acquainted. Knowing mothers often tell a child's sex and temperament before it arrives—though in rare cases twins, a masculine girl, or a sissy boy, may lead to wrong conclusions.

Have you motive temperament in the family? If the newcomer is motive, certain signs manifest —cramps in cords, liver trouble, emotional temper and desire for work, with impatience of control. The mental and vital are different, and many children are mixed.

A girl usually is known by the mother's giggling or weeping, by finicky tastes, sometimes

by fearful dreams—interest in shopping, sewing and cooking.

A boy gives foreword of his sex commonly by the mother's blocky figure and broad back, by her interest in the wild and adventurous, or science, by—sometimes—gross and brutal tastes and domestic laziness, by broad social leadings and desire to explore. Encourage any sudden novel and powerful interest in art, machinery, science or producing—perhaps a genius is coming to the world. Correct by opposite suggestion gross and criminal leadings. Much could be told us by the mothers of criminals on this point if they wished to talk.

HELPS WITH THE BABY

Boiled toys are safer.

Butter bumps on baby's head.

Put four bright colors on a bright ball.

Give boiled water daily.

Face away from sunlight—it's trying.

Allow no strings around ankle.

Use no cheap bending safety pins.

All white walls and clothes tire the eye.

Quilted linen only for bibs—it bleaches well.

For dry snuffles, oil the nose—apply hot flannel.

Hook ties and rosettes to cap for easy changing, and change daily.

Shorten clothes at three months, kicking strengthens legs and corrects constipation.

Suspend toys on wire over creeping pen, and slide along as needed.

A feeble baby nearly smothers when silk ties get into mouth—use linen.

Rinse napkins with weak vinegar in last water to lessen chafing—the acid removes biting soap.

Turn baby often to avoid creases in flesh and flattening of skull.

Loose meshed coats of yarn launder badly and may dislocate thumb—use white serge.

Start him with one year shirt and hose, he grows and they—alas—shrink.

To bring teeth through, nail a thimble firmly on a stick and boil—let him bite this to grate away gum.

Comforter Filling

Cut old alpaca into strings, join and crochet. Cover with blue and white—fluffy, light and tubs well.

For constipation, scald daily a graham cracker and feed soft to a child of three months or more —waste and scratching assist bowel action.

Baby in Basket

One baby travels in a padded, painted, market basket—it's easily screened from flies and light and cinders—the occupant's back is not strained nor its clothes mussed while corner pockets hold the feed. Two strap holders go around the basket, and if desired around the bearer's shoulders, too. Try this where you cannot use a cart.

Bath Cabinet

A ruffled basket is soon mussed and dusty, while there is much trotting daily to collect towels and clothes for the bath and draughts dur-

ing it. One father hinged together two cabinets, three feet high and painted. When spread out this screen disclosed towel rack, pincushion, rimmed shelf for brushes and soap and a deeper bin for shoes, bottles, etc.

Dresses

Soft gowns for three months—then shorten. Lap dresses well in closing and have neck large, and two tucks under each sleeve. All visible tucks are trimming, but a large one may be run on under side of hem, before closing it—with long stitch to be opened later. Linen tubs snow white and dainty, but wrinkles badly. Purity adorns a baby more than ribbon or lace. Make near a score of crepe dresses and change twice a day—it takes but a moment to rub, rinse and hang one.

Firetrap

Cut a strip of muslin, of woolen and of fuzzy cotton flannel and stick into fire—the last named burns much faster than the others. Scores of people especially babies and paralytics are burned to death yearly. A strong person in a garment confined by three front buttons is in little danger, but is it not cruel to put a large fuzzy firetrap on a child and close securely in the back

with a dozen buttons? Mothers, you invite tragedy by dressing the weak in cotton flannel.

Bowed Legs

Legs always seem small and crooked for two or three years. If really bowed hold the leg firmly and stroke the outer side upward toward the heart—this reshapes bone and helps nutrition of muscle. Repeat daily—discourage early walking.

Olive Oil

Olive oil for chafing—it turns off the biting fluid; for this, powder is useless. Olive oil for scurf on head. Rub warm oil on a puny baby after the bath to assist growth.

One mother made short tours with a toddler led by a toy harness and a baby in a gocart—both directed by one hand leaving the other free.

Bootie Strings

Cold feet increase colds or make baby restive. Sometimes he digs the bootie off one foot with the toe of the other repeatedly while his weary mother ties it tighter and tighter, stopping the blood and causing tickling. Make large booties of shrunken flannel, laced in front only, and sew one securely to each hose.

Three in One

One father constructed a chair in two pieces—the uppers a toilet seat, the lower a table of same size. Thus baby had three adjustments—toilet chair alone, or on lower for high chair, or both on floor for an extensive table.

Factory or gift caps are too small for many big squareheaded babies—and an elaborate ruching cannot be tubbed, and is soon unpresentable. Put your best needlework on a large linen or wool cap, with tucks in the faceband. A three-inch flap may shade eyes, or be laid back to conceal tucks.

Mind Unfolding

Most baby mind activity is learning the qualities of matter, by tasting, ringing, throwing or feeling—adult antics increase nervousness and teach nothing. Do not poke, jolt or startle him; but line a pen with a blanket to ease bumps, give a boiled cup, a bell, blocks or a string of spools, face him from the sunshine and let the inward urge unfold his powers naturally.

BOYS AND GIRLS

Their Care and Education

BRIGHT OR DULL?

A child advances readily in school, as far as his brain work in past centuries has carried him; after this advance is increasingly hard—though inborn concentration and persistence may modify young negroes, and primitives often seem as bright in the early grades as young Aryans, but they do not go far. There is little truancy or sullen discouragement in early grades, but most children find ambition failing from the fifth to the eighth. One boy covers two grades in a year, more easily than another covers one grade in two years—and the second tries harder than the first. Let teacher and parent not pet and reward the first unduly—he is breaking plowed soil; let them patiently encourage the second—he is plowing new and hard soil. Urge all—even savages—in school as far as they can readily go, and a little further to lengthen the groove.

A child of coarse hair, pinched brow, and heavy base brain or crown, may be schooled young—he is strong but not bookish, he will dislike control and assert inborn tastes in his early teens. Do not embitter him by scolding or invidous com-

parisons, but praise, bribe and reason. Urge his poorest study by home work.

A child of thin neck, narrow between the ears, fine haired, with much brain in front top may be schooled later—he needs outdoor romping.

Praise is the occult law of increase—praise struggling talents and virtues and watch them grow. We do not praise strong inborn traits—these cost no effort, and tactless laudation leads to egotism.

TEACHING GIRLS

The years between four and twelve, when the rote memory is good, and life is not harassed by a stack of high school books, is the high tide of domestic enthusiasm. It's usually the little girl who begs to crochet mats, and bake muffins. The child at her mother's side, a half a day weekly, learns to mix cornstarch into the salt to prevent lumping, to bleach her hands with tomato skin, to loosen a rusty screw by putting a hot poker to it, to clean wire cloth with kerosene and to widen knit sweaters in the drying. Hundreds of such shifts are easily written in the clay, and are retained in later years as though written in marble. When a child excels at any task, her interest and pride know no bounds, and the soil is ready for more seed. Let each mother pass on her best that the race may improve.

Children work poorly alone and still worse in pairs; but with a cheery adult, who will chat and praise, they forget time, and delve steadily, for the young cannot resist chumminess. Do not put a premium on sex, boys are usually idler than girls; nor on whining and shirking, for this way lies ever increasing trouble. Be just in assigning

tasks. Youngsters love one virtue above all others—they argue loud, often and long over it—justice. Few other virtues appeal to them.

Daily chores should be done cheerfully without pay; but work caused by some one's carelessness, or love of ease, may fitly be recompensed with money.

HUNCHES FOR MOTHERS

Children are unruly on windy, muggy or hot days. A swing to cool peevish children in dog-days. Nails on the wall wound romping children —put hangers through spools.

Have slow, cross or talkative ones dress alone, in a cool place.

If a child dislikes milk, paste new every day a picture or message on the bottom of glass.

If it dislikes bathing, provide wooden toys which it may handle only in the bath.

Quince seed tea or watered white of egg to make curls durable—part and comb the same daily.

Remove soiled and torn garments before children wake and save delay and contention.

One nurse, when her patient slept, put a long feather through the keyhole. No one disturbed them.

Stick pins into corks of poison bottles—this would save scores yearly, who take remedies hastily in the darkness.

Some faults, such as noisy exuberance, fall away with time; some, like money greed, or pride, increase with age. Look to the latter class.

Many people never feel at home with modern appliances unless they have used them in touch. Accustom your child to common electric helps—to bicycle, typewriter, kodak, etc.

Did you ever know a child with big, brown freckles to have reserve, depth and dignity?

The unknown delights children; did you ever see a kid with a prize box? One mother expedited chores and errands by laying out an alluring parcel for each. Opened these disclose soap, shoestrings, crayon, handkerchiefs, stationery, or portions of dates, nuts or sweets. A child worked eagerly with one eye on the enticing unknown.

TO GET A GENERAL HEARING

A healthy child is rarely quiet except when reading, sleeping or chewing. Little instruction can be given during the first two processes, but during the third, the parent gets an easy and general hearing—with several listeners at once.

Elaborate serving is not so important as the mental atmosphere at meals. There are no idle words where children are; indeed, the unguarded comment coming straight from the living fires of the heart sinks home more surely than long and studied lecture. And the short speeches penetrate the child's mind between other interests where the long do not.

One alert mother made a point of brief and timely remarks while the children were at meals —she could not be sure of a general hearing at other times.

"Too much mustard is an emetic."

"People with thin lips are orderly."

"That loose axehead is dangerous."

"As you deal mercy to dumb creatures so God deals with you."

"A gentleman is slow to quarrel—he fights for

principle, not because some one called him names or jostled him."

In twenty years hundreds of such remarks dropped from her lips, constituting a liberal education. Often a child brought up a point for discussion days later, showing how readily the soil receives the seed. Feed children's minds as well as their bodies at meals.

Write a short, heavy correct letter and let a young child trace it on onion skin paper. Few activities are so educational as letter writing.

It is almost impossible for an excited child to keep up its loud, tense voice if mother returns low, calm and moderate words—self-control, before controlling others.

Does your sleeping child rave, talk or walk when feverish? Strip down clothes and seat him in cool water—thus give quiet rest by drawing blood from brain, while the doctor finds the cause of fever. One baby had a bad night fever after a blow in the head with a stone—after two sitz baths no more trouble was noticed.

Pay your children for beachwood, wild foods, trapping rats, etc., have them buy their clothes. After a year or two they will care for belongings better.

Fathers, did you ever administer epsom salts or castor oil to a fighting child, who raises the

echoes a block away? Soak Sultana raisins in oil or warm butter and give often for a gentle aperient—this goes down without a riot.

Boys who lingered out after their bed hour in one home were called tomcats and were required to sleep on the hard floor, so the delinquents, wrapped in a blanket, lay like night-roving cats on a plank. This cured the evil without words.

One mother noticed noisy squabbles each hour of the day. She put her children on a bland diet —no spices or meat—she speedily set rioters to short tasks, standing between them until they started—she offered each child a dime daily, withholding a nickel for each squabble. After this the evil almost disappeared.

A narrow built child is intense; teach endurance and practical activity.

Thick, loose lips are impulsive, generous and ruled by the flesh.

The more character we bring from the herebefore the more the brain swells in the front top.

A thin Roman nose may shape from three to fifteen years; it is fiery, bold and dominating, but not miserly.

A snub nose for curiosity—like monkey and cat—imitation and wavering purpose. It is cheerful and teachable.

Has your child a square jaw—not chin? He will voice immoderate praise or blame; will have alert and sarcastic humor; he is likely to show ambition, decision, efficiency and conscience; temper is formidable. He is a vicious traducer, and may be alcoholic some time. Teach moderation, compliance and to "judge not."

Has your child a pug nose—straight bridge at an up angle—with perhaps a thin skin? He is likely to be envious, insolent, a heated slanderer, an eager and tireless critic, but aspiring and active. His life's path will be lined with strife.

Train him to work alone as farmer, fisherman, engineer, etc. Culture changes a pug nose even in mid life.

The bright blue eye—past youth—is the scolding eye. It strains after the betterments of life for self and race and being disappointed; it scolds ceaselessly year after year. Sometimes alcoholism, divorce or insanity is the sequence. We have known sober, law abiding men to scold for ten years—they had blue eyes. Teach blue eyes that God never blunders, that a soul sows and reaps a like harvest and broad justice rules the centuries.

KIDDIES' SMALL ITEMS

Little things bought repeatedly for children often total up to more than the main garments.

For a belt, dye and oil a trunkstrap—attach a buckle.

Visor caps are easily soiled and lost; buy cheap and big to grip the head.

Mohair braid for lacing shoes; dip ends in mucilage and twirl to stiffen.

Children are too impatient to adjust and keep muffs, scarfs, wristlets and mufflers. Get big coats, high in storm collar, deep in pocket and long in sleeve; and dispense with small, loose items.

There is much catarrh in flat-faced families; while the opposite type, the wedge-faced, has little nasal trouble. If your children are afflicted, keep tiny turkish towels at front and back door, to be used before leaving; also keep at head of bed. Thus the pocket handkerchief is not in an unpresentable state all the time. For school buy cheap handkerchiefs at dozen rates.

For trouser and hose supporter fold strips of drill or galatea—secondhand will do—three thick and stitch endways. Have wide, the narrow

chafe around arms. With strong interlinked shoulder loops, with elastic prongs and safety pins at each leg, with elastics and buttonholes front and back for trousers, and every joining stitched five or six times; the homemade article is comfortable, durable and costs little. Nothing worn by children needs such constant repairs as supporters. Make at home in quantity and save two hundred per cent.

Collars of Tag Ends

Keep a score of collars on hand—it's a bother to launder one or two. Use linen thread in crocheting, and linen fabric to wear and bleach well. A woman collected in a large box bits of ruching, tucking, velvet, jet, tassels, braid, lace and wee pearl buttons. On the inside of the lid she pasted pictures of odd and new neckwear. Many unique and striking creations came from this box.

No Cost Mitts

Old knit goods wears surprisingly when quilted two and three thick. Stitch endways of hand with black on the outside; quilt thumb three thick and shave a little on the palm side. Sew all seams twice and add a ribbed socktop to exclude snow —put silk veins on back, if wanted. These mitts look neat, tub well and wear better than factory articles.

Gray for a rosy brunette; it looks well near a red cheek and shining dark hair.

Colors and Skins

A *creamy* white for a brunette.

Wear a scarlet gown among dull people on a dull day.

Strong electric blue or green near a red face is startling. Deep dull red near flushed cheeks gives a creamy pure white to parts of face.

Brown, unless almost black, is "difficult" for most. It makes broad people look coarse and middle-aged.

Dress a bricktop in deep green; if freckled and slender, in brown.

Even Wear

It is extravagant to let garments wear through in one spot only. Double under body and arm part; seats of trousers, back yokes and stomach part of aprons. Boys' pockets get harder wear than a pig's nose—use denim. Set buttons and holes far from edge—taping under buttons in thin goods; and work holes with silk or linen thread. Do not use flimsy lining.

Light and Dusk

Sunshine is a powerful stimulant, while cloudy weather is soothing—we are told that crimes, sui-

cides and mistakes in figures occur largely on bright days. Pupils in school would be quieter if each could sit in the dusk with a single ray of light on his work. To lessen dogday peevishness enforce a midday rest in a deep chair in a quiet, dusky room. If the child cannot sleep, allow a book. Especially good for nervous or early-rising children.

Sow and Reap

We have all seen thin-lipped, self-righteous mothers who choose every morsel eaten and every thread worn, until trickery or hate show in the child. Wisdom is a slow growth, and from the inside—it comes from facing one's own choices and reaping one's own harvests—force avails little beyond the moment. Let the parent caution, then stand aside—let each child draw the experience needed for his development.

Low Cost Play Things

Factory toys are mostly fragile and costly—and many mean nothing. Buy to encourage development—a ball to teach the eye and hand to gauge distances, a tea set for domestic tastes and something for the builder or artist.

Attach bells to homemade reins.

Beanbags, and a box with holes in the top.

Blunt the ends of old scissors, for children.

A cloth scrapbook may be laundered.

Discourage slingshots, airguns and murder tackle.

Glycerine in suds for strong bubbles—lacking a pipe blow through a spool.

Flatten a dark windowshade to a padded wall and tackmark with colored crayon. Better than a shiny blackboard.

If a soft sandpile in the shade fails to draw interest, bury in it some bright pennies, whistles, walnuts, etc. Mining is fascinating.

Word Study

No book advances wit, finances or reading so well as the dictionary. Neglect any study rather than spelling. One boy wrote badly and expressed thought haltingly. His mother each evening wrote with ink and plainly, directions for next day's chores and errands, or a suggestion for his garden, or an idea to fill out a letter to a chum. Sometimes a rule of punctuation closed the epistle, and a spelling lesson taken from the enclosure appeared on the envelope.

He first did the spelling, then read his letter, then did his chores, then wrote her a statement of things done—and perhaps comments. His chores were expedited, his school work improved and the tie between son and mother was close.

Broad Justice

Mothers, be slow to side with a child in a dispute with teacher, kitchen maid or neighbor. Children tell part of the truth with the emphasis laid one way, and the opponent tells what's equally true, but with a different emphasis, it sounds quite another matter. Much of the world's strikes, wars and prejudices could be avoided if mothers would put aside soft-headed partiality and stand for hard justice—the justice which has no favorites. Judge slowly. Show the child two sides of it and praise noble traits wherever you find them.

THE "WHY" OF SEX

THE "WHY" OF SEX

The theory of sex has been offered to the public before, but each observer approaches the subject with different words, and from a different angle. A matter so important may well be thoroughly discussed.

Scientists observe the dual nature of force—the outgoing tide is scattering or positive, the incoming is accumulative or negative; day and night; the ticking of a clock and the winding one; the shooting arrow and the drawn bow typify the positive or outthrowing, and the negative, or brooding gathering sides. It will be seen that the negative comes usually first, balances the positive and is equally important. In its human phase this law gives us some women, and most men, positive. If we collect and study one hundred positive minds in contrast to one hundred negative, we find that the positive is gross, just, genial, daring, shortlived, extravagant and simple in tastes and immoderate in expressing life. The male and a few females, dare, reason out new ways, like the excitement of a fight, care little for color and elaborations for clothes and

home, are little bound by creed and fashion, but much by ridicule.

Most women and a few men are negative—they as a class have more thrift, patience, neatness, imitation, concern for social and spiritual work and for safety, rules, art, literature, creed, caste, color harmony, and elaborations of clothes and home fittings. This negative is called weak, but is longer-lived, freer from abnormalities and less stung by ridicule than the positive.

Garments worn by men and women have each a peculiar smell; sex differences of mind show at an early age; and even a story may usually be named as the product of an author or authoress.

In humans we notice that these forces seek balance; for a very positive man feels drawn to a very negative woman; and all gifted men are said to have had uncommon mothers. These forces sometimes take odd channels, as a person may be positive on the material plane, and a timid follower on the spiritual. Some positive minds function on a high plane, helping the world, while some equally positive are vile, noisy saloon idlers—they each, high and low, create, think and give out ideas. Also let us note that they, too, are influenced by age, sickness, alcoholism, trouble, etc., but the subconscious mind remains ever the strongest factor. Indeed, this dual

principle manifests in many ways, high and low, in material, social and spiritual paths. It is older than the stars, and governs the turning of our planet, since centrifugal and centripetal forces are a complete and readily seen illustration.

Which kind are you? Do you delight in deductive arithmetic, do you explore on material or mental plane, do you give out ideas, or do you reverently cherish old inconvenient rules and creeds? Did you ever note that while woman is the churchgoer, creed founders are most always men? Do you give largely through affection, without being just for principle?

A very positive mind builds in part or fully these signs: Square shoulders, jaw or chin, large convex nose, broad nostrils, straight eyebrows, large mouth and coarse hair. The nostril is a telling feature—a large class of women with narrow nostrils seem very negative.

WHY HAVE I SONS ONLY?

If parents total up more positive than negative, the issue come most male, for like draws like in a thought-built universe. A girl in a houseful of boys is the result of some negative influence—style, sentiment elaboration—which swung the balance for a time. Many couples almost balance, and their children, we notice, are girl and boy alternately. No one type of woman is the male bearer—let us note how this law works out. Mature mothers, not being so imitative as the young, have many sons—broad, domestic, easy-going women, not being narrow, conservative, emotional, or fussy about details, have mostly male issue—farmwives give the world boys, because they must use resource and have little time for caste, art, style and elaborations—many athletic women and those seeking public office have boy babies, their coarse hair, big noses and crown swelling heads are significant. Probably a larger proportion of males are born in times of war, pestilence and famine, since then both parents are showing courage and resource. Many gifted and world-famous men use feminine centers of the brain, notably actors, poets and paint-

ers; such often have female issue unless overweighed by the other parent, or by circumstances —on the contrary men of more moderate talent who use daring, resource and reason are found with a long succession of sons. It is to be noted that a woman grows stronger with age, she is the accumulating, increasing side of life; while a man's forces weaken and scatter in the afternoon of life—he is centrifugal. Thus a mother not too young, and a father not too old, for boys—a rude new country where things have not settled into grooves, and life is not too safe and easy, nor too artificial, and a simple home rather than an elaborate, favors boys—but let us remember that the deep, stubborn subconscious is ever the strongest factor. Some women would have sons at any age, in any place, and with any occupation.

WHY HAVE I DAUGHTERS ONLY?

While the average girl is teachable, law-abiding and companionable, is devoted to the parents, in many parts of the globe she gets scant welcome. Law and custom commonly favor the male—with small earnings and feeble muscles, she is at a civil, a marital, a financial and a physical disadvantage, though her devotion, sweetness and industry may reconcile the parents. The fate of a nation has depended at times upon the coming of a male heir to the throne; Chinese widows without sons sometimes get no share of the estate; millions of parents have searched eagerly for the law of sex.

If parents total up more negative than positive, the issue is mostly females. Snub-nosed and pudding cheeked mothers, being imitative without organizing power and courage, have many daughters—savages of this type marry young and have four or five running. It is not probable that plural marriage increases the female birth rate, except as it unites very young and negative mothers to old fathers. Another girl-bearing type is a light weight woman with narrow, colorless face, thin and small mouth and nose, and

round forehead; such we see surrounded by three, four and even five daughters. Her conservative, thrifty, cool and industrious nature swings the balance strongly, be the other parent what he may.

Girls are born largely to the city, to conditions of caste, creed, luxury and all the elaborations of life, to old fathers and young mothers, to safety normal parents and settled home conditions, and to emotional people—not forgetting that the stubborn deep subconscious is ever the strongest factor. Some women in their thirties are so very negative that they have daughters in a log cabin home on the frontier, and amid the alarms of war.

FASTING FOR RHEUMATISM

FASTING FOR RHEUMATISM

Rheumatism, the nuisance of the centuries, is an obstinate guest to dislodge—it hides only to leap into action again and again. Fevers kill or cure, and leave the body burnt clean, in after recovery; but rheumatism is always in our midst, crippling people of ripened powers in the afternoon of life. Fasting, while it gives an ashy skin and weakness for a few days, cleans the system so thoroughly that one seems to be reborn afterward. Yet the ashy coating inside the mouth and other parts, the clogged kidneys and the thumping of heart so alarm fasters, as to scare off thousands who are earnestly seeking health. Can we ease these alarming symptoms? Yes, by sipping hot salt water to keep the veins plumped, and by free sweating, mainly also a cool daily spray helps. Sweating helps the overworked kidneys—the skin is the strongest of five or six sewers and is not easily overworked.

Probably one-half the people have no long tub in which to lie—and are not near, or have not the price for, turkish baths. A box cabinet used at home is big to handle and slow of results, since it

holds much air. For quick, cheap steam baths at home try this: Place lampstove or electric heater in a millbox—boil here a tin of lyewater. Make eaves over edge of box with many newspapers and lay board on these. Sit here enclosed to the neck in rubber sheet—or three large canvas sheets. Clouds of steam start perspiration in ten to twenty minutes. Continue here for thirty minutes after a free start. Faintness is prevented by ventilating room and by sipping hot salt water before steaming. Spray body, or pour cool water down spine and dress. The pink, puffy skin after steaming disappears—it is a sign that much fermenting matter is trying to escape. Do not fear taking cold after free sweating in a hot bath; the Japanese have parboiled themselves for centuries and they are almost free of catarrh. It is the warm—not hot bath—which makes one delicate.

Fasting is a unique experience—if you want to get a new viewpoint, leave behind fevered worries and hates and loosen the clutch of certain chronic ailments, abstain from all food except hot salt water for ten or twelve days, though some fast for weeks, with benefit, fleshly, mental and spiritual improvement follow. Of what avail for man to harness lightning, or discover the South Pole, if he cannot rule his aching, waste laden

body? This is perhaps the most important of earthly tests.

Few on this planet have begun so many short fasts as the writer—and four fasts were long. The landmarks on this ancient road have long since grown familiar. Except failing strength, the first day, and one ferocious fit of hunger, following which the twenty-four foot digestive tract becomes dormant and probably ash-coated—it may be roused at any time safely by taking simple solids, following a day or two on milk. Expect good sleep, "real" dreams, cool emotions, untiring brain action, but neither mind nor muscle can "grip down" to a hard task. The normal faster can walk five hours a day over smooth pavement, but can scarcely lift, sweep, dig, etc.; neither can one easily add a column, or cut out a garment. The lips are pale, heart slow and one feels lightheaded as floating cloud. Cold water, sweets and solids are disliked after a day or two —and the last may be dangerous if taken suddenly without preparation.

The blood tends to dry out until the heart flaps about like a fish out of water on the fourth and fifth day. To lessen pounding and gasping, and plump out the veins, sip hot salt water upon rising and several times during the day; also this makes free sweating possible and corrects many

evils. The writer finds that taking salt prevents the hair from falling in a short fast. A little salt, sugar or milk may be taken without rousing the whole tract since these get no further than the stomach. A spoonful of sugar, while disliked, as it is a break in the fast, gives one strength enough to rub out a pressing wash, or do a couple of hours' work. This stimulant gives force to the heartbeat.

In the second week the blood spurred by spray baths, and steaming, goes to a new place for restoration—the deposits under the skin; and the strength comes partly back. Here is the secret of the refreshed feeling following a showerbath. About the tenth day the knees show a desire to double, but the brain is cool, active and harping always on details—indeed, this minute thinking is one feature of fasting.

Sip lemon juice in hot water for clogged kidneys—the whole interior is ash-lined—take this acid with caution, too much rouses a forty-horsepower appetite.

Before starting a fast, do up all heavy muscle work and shopping, writing letters, etc. A coffee drinker should let down blood pressure by degrees—taking oranges only for twenty-four hours before fast starts is one way—make a date on the calendar, take a laxative and begin. Walk-

ing, light housework, reading and bathing pass the days—they seem long. Summer or late spring are good times for this experience, since the roads are good, one's courage is high, there is little chill, and Nature helps the cleaning process.

After the fast is carefully broken—an abrupt break is dangerous—the skin plumps and clears, the eyes shine, and one feels an insatiable desire for work. The body has lost a pound a day on the average—though some of this may quickly return when eating is resumed. All puffing, stiffness, rheumatism and melancholy are left behind, and long-standing ailments disappear. The body is pliant, eager for action and one does almost double the usual amount of work. Many of different races and centuries have spoken of the vivid and fantastic dreams which follow fast breaking. The waking hours are "vivid," too, and one enjoys even the meanest tasks. Chronic chair warmers should fast, it would restore thousands of producers to a needy world.

MISCELLANEOUS

Medicine From the Garden
Foods That Build Up and Warm
Care of the Body
Overlapping Tasks
Past Thirty-Five
Pets
In the Wild
Buying Stores
Meeting Reverses
The Might of Non-Resistance
Sewing
The Fireless Cooker

MEDICINE FROM THE GARDEN

Beasts are doctored by fasting in winter, and eating herbs at other seasons—fresh air and activity do the rest. Can humans with their huge drug bills and elaborate appliances make as good a showing? Nature sends along medicine at the needed time; and even gives the needer a craving for it.

Apricots clear the voice.

Eat celery for the nerves.

Raw cabbage for the kidneys.

Onions and lettuce induce sleep.

Dandelion is a tonic for the liver.

Bag of hot hops on an aching jaw.

Pineapples cut the diphtheria fungus in the throat.

Poultice a foul sore with a warm roast onion.

Swallow lemon juice to cut the gluey deposit in whooping cough—quieter sleep follows.

The early shoots and buds of spring have lifted minerals from the soil, in a form available for human use.

Onions urge hair growth, loosen an aching cold and cause children to expel worms.

Lemons clear the skin, unclog the liver and kidneys and sharpen the brain.

Lay on hot, bruised cabbage leaves for toothache, or cramps in the abdomen, and lie quietly.

Parsley is said to be a female regulator.

Buttermilk and nothing else reduces fat. Externally it's a skin bleach—strawberries are a better and pleasanter bleach.

Apples yield phosphorus for the brain, cleanse the mouth, quiet the nerves and gently urge three sewers. Give children raw apples for dessert, and save both time and health.

TO BUILD AND TO WARM

According to free government bulletin, the best builders are Cheddar cheese, dried peas, and beans, peanuts, codfish, oats, entire wheat, graham and macaroni. Most of these yield more for the money than meat. Eat, on a cold morning, two plates of well cooked oats, and notice how satisfied you feel for a few cents' outlay. If there is to be an expensive company meal, have the family promise to eat beans or codfish for a day or two to even up. Skim milk contains more building feed for the cost than cheap beef—nearly twice as much. Add to cereals and chowders, or clabber, and eat with a dash of nutmeg. Milk corrects foulness in the body, while meat increases it.

Get free bulletin bearing upon mussels as a table food.

Scientists recommend guinea pigs for food—they are not swine and are easy to breed in a small yard. Peanuts are a concentrated nourishment—add to pudding, soup, fudge and grains.

If nuts are dry and stale, bake in a hollowed apple with crumbs, and mild vinegar, and sugar. Keep peameal handy to thicken stews. Turn off

two waters from beans, tender with a few drops of vinegar and flavor with a can of tomato soup. Beans need more parboiling and seasoning than most vegetables.

Among the best heaters are butter, bacon, certain cheeses, raisins, cocoanut, corn and oats.

Use vinegar soaked bacon, when the butter runs out. Also fill a hollowed apple, or tomato, with leftover bacon, cut fine and crumb and bake for luncheon. Seeded raisins are Nature's candy —they are solid nourishment, and digest quite easily. Few cheap, heaters are so *welcome as porous, velvety gingerbread.*

CARE OF THE BODY

Sway in a swing to dry hair.

Turpentine on fresh cuts.

Turpentine, often, on warts and corns.

Put kerosene on chilblains.

White-soled hose rest and cool feet.

Juliets for the feet of people of poor vision and stiff fingers.

Remove an intruder from the eye with rolled blotting paper.

Rub old tartar on the teeth with lemon juice, then with soda.

Have a workgown, in one piece, front closed, with elastic at wrist.

Ammonia for insect bites—when many bites itch, take a steam bath.

If a tack or sharp glass is swallowed, follow it with little balls of cotton, well buttered—these enfold intruder and carry out of body.

For ringworm, try rubbing in strawberry or tobacco juice, before sending for iodine.

For hiccoughs pack lungs with air, and swallow nine times before breathing—this gives diaphragm no room to jerk up.

A mouth rinse of baking soda and water re-

peated often lessens tooth decay in an expectant mother.

Travelers and boarders cannot always get the coarse bread and fruit they need for constipation—let them eat a few flaxseed daily.

Rub inside heel with wet soap for tight shoes—wear in morning before feet spread with fatigue. Expand thick leather by immersing lower part in hot water—oil, too, helps to mold shoes to feet.

Sip hot salt water, when breaking the tea or coffee habit—it helps to keep up blood pressure and relaxes the begging stomach.

OVERLAPPING TASKS

A young looking woman of forty overlaps duties. "Advance two or three projects at once —unless very exacting work—or housework is never done," she says.

When a heavy wash, or needle day impends, the children carry a lunch to the fields, and get herbs or berries—two things done at once, and done well.

She carries ashes to the fruit trees, looks for hawks over the henyard, arbitrates a child's dispute, and fills her pan with dooryard litter for fuel—four things.

On the evening before late Sunday rising, she bathes, treats tan, corns, and blemishes, washes hair in tub, rinses it and writes letters beside the fire while it dries.

She bends over the washtub while a backward boy reads aloud and a loaf of gingerbread bakes. Thus the towels are cleaned, the oven takes but a few glances, and the boy guesses his words upon spelling them—oral reading prevents shirking. Thus three things are done perfectly, in the time of one.

She says: "I have seen my mother, who raised

seven children, feed the baby in nature's way, rest in a deep armchair, read a magazine folded double, and—whisper it low—sometimes soak her aching feet. This was the only daytime rest or reading she ever got."

Europeans knit, and hear the news, at market. One woman thinks visiting is time well spent—she makes lace while at friends' houses, agitates for better roads and schools, gets ideas on domestic problems, and trades bulbs, shrubs and seeds.

PAST THIRTY-FIVE

Our granddames in villages and farms called themselves old at the mid-thirties—often losing most of their interest in life, and presenting to the gaze dull eyes, stiff, fat, or drooping figures. Thinking old age hastens it.

Yet the brain is built in three stories, and life after puberty plainly proceeds in three wide overlapping waves. In the first two decades we imitate, and think of family and material interests—in the second there are self-made intellectual gains—and the closing decades bring, except in savages and crude whites, tolerance, broad and cosmopolitan thinking, occult and spiritual interests, and often money luck. These waves do not stop short, but go on with diminishing volume beyond their decades.

While men's centrifugal forces rapidly scatter in the afternoon, a woman's representing the centripetal side of life concentrates, and grows rapidly stronger in character.

She is in full flower physically at forty, and stronger than he. Women who breed and die are vegetables. There are some forty-odd centers in the brain for development—and in the aft-

ernoon of life the trend is toward the top story of the head. Let the woman here leave the young to their imitating, restlessness and family cares, while she turns to grander, broader things—to occult inquiry, to beauty expression, to public spirited work, to the tolerance and peace, which are the benediction of life's latter part and to the inexplicable money luck, which overtakes many only in the evening.

PETS

Cats

Cats come in contact with foul sewer rats; they spread mange and ringworm; they roughen new clothes with their claws; they give brassy midnight duets; they shed hair on caressing children, and they travel at night to homes of infectious illness. Everything from a cat's body is singularly foul; let a tomcat back to the wall twice a day only, and soon there is a tenacious smell, hard to locate and remove. Cats are suspected of killing feeble babies, they are noisy when hungry, they show weird activity in a house of death, and twenty centuries have not lessened their bird-killing guile. Here are many counts against the cat. *Why* keep cats?

Dogs

The dog, loyal, unselfish, and gay, deserves his keep; either as guard, shepherd, retriever, playmate, detective or harnessworker. In the warm, hair-shedding days, take a beast weekly to the yard, and brush with a stiff scrub brush, and follow with insect powder. Thus there are no rolls of germy hair in the house.

Birds

Set the top cage into the family bathtub, for the morning dip, thus the bird's spraying troubles no one. Give a caged bird a variety of greens—he may crave certain ones for medicine. Sow birdseed in flower pots, in winter, for tender greens.

One cat was cured of his murderous interest in the canary by having his nose shoved onto the cage, which was empty and hot.

FEELING

What is the greatest weakener; old age, fear, alcoholism, flesh appetites or love of ease? One of the commonest is feeling—every day emotion —there is always the reaction. The child of the worst tantrum is the easiest to mold; just wait for the reaction. Our flattering friends turn into abusive foes; and a hot fire soon burns out. Love your flatterers and they soon become your owners, often to your hurt. We once knew a woman, old and weak, who backed her little and big projects by a quiet, deep will—no emotion—and won success, where strong young people failed. The world is full of crime, brain ailments, prejudice, narrowed opportunity, suicide and unwise leadership; because of emotion—good and bad. Above feeling there is the eternal plane of principle—overhanging and calm. Live here and let your foes, friends and agitators work out their nerve-racking problems—they are sure to join you some time.

How shall we know a master? When insulted, does he cringe? He is weak. Does he flash the eye and return scurrilous words? He is still weaker. Does he lift an unruffled brow; think-

ing not of himself, but pitying his insulter? Ah, here is the true master. At some time he was smelted by fire, and his ore is pure. Never feel acquainted with a man until you observe him under insult. A new race is rising to rule the earth, rising by units everywhere, to rule. Power is retained by these, who live for principle, not feeling? Are you a master?

IN THE WILD

A certain mother takes her brood to the wild once or twice a year for fun and gain. They return laden with greens for the pot, berries for jell, or failing these, sand for the canary, moss and petals for a pillow, leaf mold for a clay flower bed, toads for bugtraps and living shrubs for botany specimens.

While vegetables sell, stale and dear, in the city markets, plenty of cress, plantain, purslane and dandelion and a score of others grow, fresh and tender, in the lanes and fields—they delight only the stray cows.

Wear in the wild, a knit coat—it gives to every move—a felt hat, securely pinned—this gives to the bushes, protects the hair from twigs, and the head from rain and shine. Wear low heels in the forest, for a turned ankle is painful.

Boys learn science and grow resourceful and manly from camping. Dress a camper in wool underwear, give him kerosene to repel insects from his skin, and teach him to spot poison herbs, and to use wild vegetables—carrying only condensed feeds. One boy learned to mix his baking powder, flour and water in the hollowed top of

the flour still in the bag. This dough he roasted in spirals on a leaning twig—bacon also—and avoided dishwashing. With ashcakes of meal, planked fish and baked potatoes, few dishes are needed.

One yardless woman planted rhubarb under a brushheap, by a distant creek. Here her children came on bicycles to unpack a picnic basket lunch and refill basket with no cost rhubarb.

THREE TYPES OF WOMEN

Merchants recognize three types of women buyers; the extravagant, the pinching and the good manager. The first named, may or may not be industrious; she buys without judgment, while her toiling husband gives—almost his heart's blood to get the children raised and educated. Like the free and shiftless negro, she has loose lips, broad nostrils, and neither chin nor ear is sharp-edged. A covetous, pinching woman may refuse to turn garments, or spade up a salad bed. She sits often at ease, and squeezes the nickels from others; the butcher must give her free cat meat, the maid must have no evening; light and the carfare and tobacco funds are reduced. Spot her by the cold eye, the pinched nostril and the lips, undimpled, uncurving and not moist.

Between these is the good manager, always a resourceful and patient worker. She scrapes soupbones and foots hose, that the children may have a porcelain bath, or music lessons. She stops leaks in order to get luxuries. Spot her by the quiet, appraising eye, the lips flattened by will and thought, and the nostril neither swollen nor pinched. Money greed dwarfs the soul, but do

we help the world by wasting values, or ill-choosing them? Millions in Asia never get enough to eat and wear. Which kind are you, a grasping, hard woman; a reckless, free spender; or a careful manager?

BUYING STORES

No chance to save is so constantly with us, as feed choosing, and feed managing. There is no economy in buying long keepers in small quantity—nor is it safe to get too hungry; keep plain staples cooked tastily, and variously, on the shelves, else your family speed to the market and commit some extravagance—a hungry man does not deliberate.

Packers spend huge sums in educating the public in the merits of feeds; this expense finally comes out of consumer and should be taught by text books. Fortunately the most nourishing things are the very common groceries—a man keeps strong indefinitely on boiled grain, sugar, a bit of cheese and a fresh apple or carrot daily. Make storeroom rat proof, and buy in quantity, at the cheap season.

Do not be attracted by fancy packages—they are not edible—but easy spoilers—they are expensive to handle—by condiments—they do not build—by ever advertised things—the eater pays —by elaborate mixtures—they are hard to digest —by short crop feeds and feeds with much water or waste—unless very cheap. There is much

water in eggs, potatoes, and canned vegetables. Millions in China and India never taste cow's milk or eggs.

Men and children in these rushing days need much food, but they are not strengthened by berries, picked green, by crumbs wasted, by embalmed sausages, or by gay card board boxes.

THE FURNACE

A furnace is a dirty, exacting and expensive tyrant. We have still among us a few old-fashioned folk, who are not ashamed to live in a cottage, warmed by an air-tight heater; which burns all rubbish and gives ashes fine as flour for the garden; with registers in the ceiling to scatter heat at will; and an oil heater to carry about, and to set under the table at mealtime. The former keeps air moving—did you ever watch tobacco smoke flow into an air-tight stove? And it's easy to clean inside and out. The latter may be turned low for drying clothes. The fuel box may look like a five-foot window seat, and be filled from the yard.

Stoves draw best in bright weather, and high above sea level. If a stove smokes when first lit, burn a kerosene paper at bottom of pipe to start the up-current. A continuous drizzle from the sky checks the up-movement in certain climes. For such places, have few turns in the pipe, keep clean, and have no cap over top of vent, as charred fragments float off better without. Hurry fire with pitch, tar paper, bacon rinds, old rubbers, oilcloth and baked wood. Soak lumps

of coal and get more heat; though they start slowly. Burn ash siftings with wood to prevent packing.

One woman fills old cans with the dust coal, which falls so readily through the grate; and burns two or three at once in a base burner—a woodfire will not consume them. These get red through, throw much heat and disappear in a day or two, thus saving yard rubbish, and wasting or packing of fine coal.

MEETING REVERSES

A young couple met reverses, and moved to a remote and new settlement. Being accustomed to elegance, the wife puzzled over the fitting up of her barnlike rooms. She covered the studding walls with floor oilcloth, reversed; paneled it, and stenciled an oakleaf design near the ceiling. She made a portiere of acorns for the door, and a like drapery for the top of the wide window. A stone churn held cattails, or gay boughs. She placed hickory furniture about, and exposed two fine goatskins—home tanned. Beside the brown of wall and floor, other woodland tints showed in hassock, lamp-shade and cushion.

The husband, becoming interested, made an aquarium, stuffed some native birds, and made an outdoor windowbox, which was soon spilling over with greenery. Meanwhile the wife took from the depths of a trunk a print of a woodland scene. This she framed, and with a shell door stopper added to her sylvan room. After a few trials, she put together an Eolian harp, which offered woodland appeal to the ear. This young couple are now collecting stones for a fireplace.

Visitors exclaim joyfully over this restful and

distinctive furnishing, suggesting the native flora and fauna. Consider a sylvan effect, before paying a staggering price for furnishings, which show scratches and fall apart.

THE MIGHT OF NON-RESISTANCE

There is one argument so powerful that the wisest of men conquered the earth with it, while babes use it, and live more safely than others in strife and danger—the bushes use it to the wind, when giant trees are uprooted.

The sea sand safely offers it to the waves, where rocks are ground to powder. It is non-resistance.

When among abusive, domineering people, say little, and say it mildly. Much evil corrects itself, and often the best way to check people is to stand aside. They cool and even see their error when the reaction comes. Perhaps telepathy does it. Is not the quiet sunlight, tide or gravitation more powerful than the blustering wind or fire?

One wise little mother of three said nothing when a child stormed or sulked or shirked, but the next day when a box of candy was opened or Aunt stopped to take them in her car, this child was told that of course he could not share in the treat. It is surprising how little she said to her noisey, wilful youngsters, but the lesson sunk home each time, and as the years sped by the

children learned that effect follows cause by law, and the lesson was unfretted by revenge or bitterness.

How many people have you known who can be moderate, silent or thoughtful, when others are the opposite? True soul culture is based upon this fundamental, non-resistance.

SEWING

A needy woman once canvassed all day, walking miles—she cleared a dollar and a half. Reaching home with skirt muddy and shoes split, she found her neighbor sweeping up after a day's sewing. A big raincoat had been reshaped into a stout and sightly garment for a child—a cape over each arm—six pairs of hose had been footed and heel-capped; and a pretty triple wall-pocket was formed of canvas, covered with cretonne, and edged with leather. Three dollars' worth reclaimed at a cost of three nickels for thread—and no split shoes nor muddy skirt. The canvasser spent a thoughtful evening, and early next day she was seen oiling her sewing machine.

New garments made at home often cost more than factory articles; sewing for hire is underpaid; but there is one form of needlework which saves a resourceful woman from two to five dollars a day—the remodeling of woolen pieces, the retrimming of hats, the turning and contriving with odds and ends. No branch of house work takes more patience or ingenuity, and few pay more. Office and mill women spend some twenty to forty minutes, daily, getting to and from work

and they rarely save or earn this much. Careful families, dressed partly from the piecetrunk, may look neater than others who buy new things at crowded sales—things which "look like wool" and "almost fit."

A SCRUBBING MACHINE ON LEGS

We have all known the thin-haired, narrow-built blond with strained unrestful eyes, who wiped and dusted and scrubbed all the livelong day; whose neighbors were filthy; whose family fled to the street or saloon for comfort; who painted chairs only to scrub them bare; and always praised herself ad nauseum. Such are found in every town.

Our God made skulls plainly indicate that each adult is expected to be a voter, mate, friend, observer, idealist, worshiper, beauty seeker, a parent and a worker. Can a woman round out and develop if she is a scrubbing machine only? Reasonable cleanliness is needed especially about tables, flies, dishrags, towels and infants' bottles —frequent bathing brightens the mind; but the world is reeking with germs and infectious matter—infectious for the most part when we are weak and fearful or have bad blood. The remedy is self-evident, have clean blood and do not be fearful.

Our families, before entering the scrubbed rooms in the evening spend time with books, coins, door knobs, etc., which are germy. In-

deed, a healthy person may carry formidable germs in the mouth—but has vitality to resist their increase.

The mother and housewife supplies—if not too tired—most of the ethical, spiritual and social uplift of the home. Did you ever know a very clean woman to be a cheery, broad-thinking companion, sought by her grown children? Let us with a due sense of proportion take time to develop various sides of life.

Unsalaried Cottage Keeper

Does any one realize how much the unsalaried housekeeper is worth yearly to her family? Aside from ethical, social and child-training interest, she works more hours daily than a man—she studies food values, gardens, repairs, utensils and fabrics, and corrects bodily ailments, besides the regular routine. The labor market is flooded with women who earn almost less than they can live upon—and they spend twenty to fifty minutes twice a day walking or riding to office or mill. Our cottage worker saves and produces hundreds of dollars yearly—choosing, repairing and conserving values, and she does not waste much time starting or ending her day. She can

at any time expand some home industry into a money venture. Consider shoe leather, neglected home, and the wastes of hurried shopping before seeking a mill or office position.

Too Sleepy

Many baggy cheeked and flat faced people find themselves sleeping from ten to fourteen hours a day—while narrow built, intense people fail to rest enough. This sodden, fat and stupid habit grows on one—it is self-aggravating. One excellent worker failed to get good positions because she could not jar loose from her mattress at an early hour. Lemon juice is a brain rouser and makes one restless—hunger also. To correct sodden sleepiness, eat little or no supper, take juice of two lemons. Repeat daily. Thus life quivers from every finger tip, and you rise blithe as a bird at five o'clock. And by the way —a bird's diet is largely fruit acid.

THE FIRELESS COOKER

Do not use the cooker until you have read and thoroughly understand the directions and explanations as to the length of time the food prepared is supposed to boil both over the fire and in the cooker.

You must have the contents of the kettle or anything you desire to cook at the boiling point, or allow to remain over the fire according to the instructions.

In cooking or preparing any food you wish to cook in the Fireless Cooker, always consult the recipes and directions in this book, which you will find under their proper headings.

The cover must be placed on the kettle of the cooker while the food is boiling to obtain the best results, and be sure that the cover is securely down when kettle is placed in the cooker, which must be instantly after removing from the fire.

To obtain best results with a small portion of any food, which does not fill the kettle of the cooker, put the food in a smaller vessel, and place inside of the larger kettle, after which pour boiling water into kettle around the smaller vessel; in this same manner, also, you can cook several

kinds of food at the same time by using smaller vessels and placing them inside of the larger one, in which event the larger vessel should always contain boiling water.

Soups

Chicken Soup—Place chicken in kettle and add six cups of cold water, a few celery leaves and two teaspoonsful salt. Boil slowly for 20 minutes, place in cooker for 8 hours. Allow chicken to almost cool in liquor; it may be used for salad or croquettes. Allow soup to cool and remove fat before serving.

Baked Bean Soup—Use 2 cups baked beans, 4 cups water, 4 teaspoonsful tomato juice, 1 slice onion, 1 stalk celery, 2 tablespoonsful flour, seasoning. Add a quart of water to cold beans, also slice of onion, stalk of celery chopped fine and a fourth of a cup of tomato juice. Mix well and boil for 5 minutes, place in cooker for 2 hours. Rub through sieve and add flour mixed with a little water, add seasoning and heat to boiling point, stirring constantly.

Lentil Soup—Take 1 cup lentils, 1 onion, 1 stalk celery, 1 small carrot, 2 teaspoonsful salt, 4 cups soup stock, 4 tablespoonsful flour, 2 tablespoonsful of water, 2 tablespoonsful butter. Soak lentils over night, drain and add water to cover,

add onion, celery and carrot which have been cut into small pieces. Boil 15 minutes and place in the cooker 8 hours. Rub through sieve and add salt, pepper, butter and soup stock, make smooth paste of flour and water and add to soup. Heat, stirring until it thickens.

Cream Lentil Soup—Cream lentil soup is made like the above except that 1 quart of milk is added instead of soup stock, and the amount of butter may be increased.

Bean Soup—Take 1 cup navy beans, 2 quarts water, 1 small onion, 2 stalks celery, 1 tablespoonful salt, ¼ teaspoonful pepper, 2 tablespoonsful butter. Soak beans over night, drain and add 2 quarts of cold water. Add chopped celery and onion, also salt and pepper. Boil slowly for 15 minutes. Place in cooker for 8 hours. Rub through sieve, add butter and serve.

Macaroni Soup—Use 1 cupful macaroni, 6 cupsful soup stock, seasoning. Break macaroni into small pieces and drop into boiling soup stock, allow to simmer 10 minutes, and place in cooker 2 hours. Season to taste.

Split Pea Soup—Take 1 cupful split peas, 1 quart water, ½ slice onion, ½ teaspoonful celery salt, 2 teaspoonsful salt, 3 tablespoonsful butter, 2 tablespoonsful flour, 2 cups milk. Soak peas over night, drain and add 1 quart of cold water.

Add salt, onion and celery salt. Boil for 10 minutes and place in cooker 8 hours. Rub through sieve, add butter and flour rubbed together, stirring until it thickens. Add milk and serve.

Dried Green Pea Soup—Made by the same method as Split Pea Soup.

Mutton and Veal Soup—Use 1 lb. mutton, 1 lb. veal, 2 quarts water, 1 small onion, 1 small carrot, stalk celery, 1 tablespoonful salt, ¼ teaspoonful pepper, 2 tablespoonsful rice. Remove fat from mutton and cut into inch pieces. Cut veal into inch cubes and brown in frying pan with a little butter or fat. Place meat in kettle and cover with cold water, allow to stand 1 hour and add vegetables cut into small pieces. Heat to boiling point, add rice and seasoning, boil 15 minutes and place in cooker all day. Strain and serve hot. The meat and vegetables may be used with potatoes for hash.

Pearl Soup—Take ¼ cupful pearl tapioca, 2 cupfuls cold water, 1 quart soup stock, seasoning. Soap tapioca in cold water 1 hour. Drain. Add it to boiling hot soup stock. Simmer slowly 5 minutes, place in cooker 2 hours, season and serve hot.

Browned Soup Stock—Use 4 lbs. soup meat and bone, 1 onion, 1 tablespoonful salt, ¼ teaspoonful pepper, 2½ quarts water, 1 carrot, ½

bay leaf, 1 turnip, 1 stalk celery. Wipe meat and cut into inch cubes. Brown about one-third of meat in frying pan with a little of the suet and onion. Place bones and remaining meat in kettle, add 2 quarts of cold water and allow to stand 1 hour. Add 2 cups of water to meat in frying pan; allow to boil a minute and add to kettle. Add seasoning and diced carrot and turnips. Bring to boiling point and allow to simmer 10 minutes, place in cooker 8 hours, cool and skim fat from top before using.

White Soup Stock—Take 4 lbs. knuckle of veal, 1 onion, small bay leaf, 2 teaspoonsful salt, 1 stalk celery, 6 pepper corns, 8 cups water. Wipe meat and cut in small pieces. Have bone cracked and place meat and bone in kettle, add seasoning and onion and celery cut into small pieces. Add water and allow to stand an hour. Boil slowly 30 minutes and place in cooker 8 hours. Pour soup through several thicknesses of cheese cloth and it will be very clear.

Tomato Soup—Take 1 can tomatoes, 2 cloves, 1 teaspoonful salt, 1 small onion, 2 cupfuls water, small bay leaf, sprinkle cayenne, 1 carrot, 1 quart soup stock. Add water to tomatoes. Slice carrot and slice onion; add these and the seasoning. Boil 8 minutes and place in cooker for 2 hours. Strain, add soup stock, reheat and serve.

Vegetable Soup—Use 2 cupsful brown soup stock, 2 cupsful tomato juice, 1 cupful carrots, 1 cupful turnips, ½ cupful celery, 1 cupful peas, 1 onion, 1 cupful diced potatoes, seasoning. To the soup stock and tomato juice add the carrots, turnips, onions and celery which has been cut into small slices. Boil slowly for 10 minutes and then place in cooker for 4 hours. Remove from cooker and add diced potatoes, peas and seasoning. Boil for 5 minutes and return to cooker for an hour longer.

Lima Bean Puree—Take 1 cupful beans, 2 cupsful water, slice onion, stalk celery, 1 teaspoonful salt, sprinkle pepper, 2 tablespoonsful butter. Soak beans over night. Drain, add fresh water and a pinch of soda. Boil 15 minutes, add onion and celery cut into small pieces and place in cooker over night. Rub through sieve, add butter, salt and pepper and serve hot.

Dried Pea Puree—Clean peas, cover with water and allow to soak over night. Drain and cover with fresh water. Add a small onion and bay leaf and allow to boil 10 minutes. Place in cooker for 6 hours, rub peas through sieve, add salt, pepper and butter to taste. Serve hot.

Lentil Puree—Soak lentils in cold water over night. Drain and cover with cold water, add a small onion and carrot, boil slowly 15 minutes

and place in cooker for 8 hours. Rub through a fine sieve and add salt, pepper and butter to taste; if the butter is browned slightly it will improve the flavor of the puree. When finished the puree should be a little thinner than mashed potatoes. If too thin, thicken by adding a little flour and water, made into a thin paste. Boil for a few minutes, stirring constantly so that it will not lump.

Vegetable Stew—Use 1 lb. chopped meat, 2 cupsful water, 1 cupful turnips, 2 cupsful carrots, 1 onion, 1 cupful tomato juice, 1 cupful peas, ½ cupful celery, 2 cupsful diced potatoes, seasoning. Brown the meat and onion in beef suet or butter, add water and tomato juice, add turnips, carrots and celery diced, allow to boil for 5 minutes, place in cooker for 4 hours, remove and add seasoning, peas and diced potatoes, boil for 5 minutes and place in cooker for 1 hour. Thicken if desired before serving.

Fish

Boiled White Fish—Clean and bone fish and sew in cheese cloth bag, leaving room for fish to swell. Place fish in kettle with back down, cover with boiling salted water (acidulated), allowing one tablespoonful of salt and vinegar or lemon juice to each quart of water. Boil for 5 minutes.

Place in cooker for 1 hour. If fish weighs over 2 pounds boil for 10 minutes. The skin may be easily peeled from a boiled fish. Serve with tomato sauce.

Cod, Haddock, Bass, Blue Fish, Halibut, Salmon, etc.—Can all be cooked as above.

Boiled Eggs—Pour into the kettle one cupful of boiling water for each egg to be cooked. Lower eggs gradually into the water. Cover kettle and allow water to boil for half a minute. Place in kettle in cooker for 30 minutes. Pour cold water over eggs before peeling.

Spaghetti and Tomato Sauce—Add one tablespoonful of salt to 2 quarts of boiling water, and hold one-third of a pound of spaghetti so you may place one end into the boiling water; as it softens lower into the water. In this way spaghetti may be cooked without breaking. Boil for 5 minutes and place in cooker for 1½ hours. Drain off water in which spaghetti was cooked and pour cold water over it, to keep it from sticking together. Add tomato sauce and bring to boiling point, place in cooker ½ hour before serving.

Meats

In cooking meat, be sure to allow it to boil on the stove until the center of the meat is heated to the boiling point. This usually takes a half hour

or even longer, dependent upon local conditions. You will have to use your judgment.

Beef Stew—Use 2 lbs. round steak, 1 onion, 1 carrot, 3 cupsful water, 1 stick celery, 1 turnip, 1 teaspoonful salt, sprinkle pepper. Place meat in kettle and cut into inch pieces; add water and seasoning. Slice carrot, turnip and celery into ½ inch cubes and add to mixture. Boil for 10 minutes and place in cooker for 6 hours. Thicken with four tablespoonsful of flour and ½ cup water well mixed. Serve on toast.

Browned Beef Stew—Use 2 lbs. round steak, 1 onion, 3 cupsful water, seasoning. Cut meat into small pieces. Slice onion and brown in some of the suet or 2 tablespoonsful of butter, add meat and cook until well browned. Add the 3 cupsful of water and seasoning, allow to boil slowly for 10 minutes. Place kettle in cooker for 8 hours, thicken with 4 tablespoonsful of browned flour and 6 tablespoonsful of water made into a thin paste.

Beef Pot Roast—Sprinkle roast with flour. Heat a little suet in frying pan and add a slice or two of onion. Place roast in frying pan and brown on all sides, being careful not to pierce fleshy part of roast. Place meat in kettle and add 2 cupsful of water to frying pan, simmer a few minutes and pour water over roast. Add 1 tea-

spoonful of salt and enough more boiling water to almost cover roast, allow to boil 30 minutes and place in cooker for 6 to 8 hours, depending upon size of roast. The liquor may be thickened for gravy.

Corned Beef—If beef is very salty soak for several hours in cold water. If not, wash in cold water and place in kettle, cover with cold water and boil for 30 minutes, place in cooker all day or over night. If meat is to be served cold, allow it to cool in the liquor.

Corned Beef and Cabbage—Cook corned beef as for above recipe. Three hours before the cabbage is to be served, remove outside leaves and cut into quarters. Place cabbage in kettle with meat and boil for 10 minutes. Place in cooker 2 hours and a half, drain liquor and serve meat and cabbage.

Boiled Ham—Boil for 30 to 45 minutes, depending on size of ham; an 8-pound ham should boil 45 minutes. Place in cooker and allow to remain all night. If ham is to be served cold, allow it to cool in the liquor. A small onion may be added to the water in which it is cooked.

Fricassee of Chicken—Cut chicken into small pieces. Heat 2 tablespoonsful of butter in frying pan, add slice of onion; roll chicken in flour and then brown in butter. Place chicken in kettle

and pour 2 cupsful of water into frying pan; boil a few minutes and pour water over chicken; add salt and boil for 10 minutes. Place kettle in cooker 6 hours if chicken is young and 8 if it is a hen. Thicken the gravy with browned flour and serve on toast. Chopped parsley may be added before serving.

Chicken Curry—Same as Fricassee of Chicken except ½ teaspoonful of curry powder is added to the thickening.

Chicken Stew—Cut chicken into pieces; place chicken in kettle and cover with water; allow to boil slowly for 30 minutes; season with pepper and salt, and place in cooker for 6 hours. Remove from cooker and add thickening. Serve on toast or the stew may again be brought to the boiling point and dumplings added and the kettle replaced in the cooker for 30 minutes.

Boiled Dinner—Cook 4 pounds of corned beef as directed. Remove meat from liquor and add 2 cupsful of sliced carrots; boil for 5 minutes and place in cooker 2 hours. Remove kettle and add 4 turnips sliced and cabbage cut into quarters. Boil 20 minutes and place in cooker for 2 hours. The meat may be placed in the kettle and the whole boiled until meat is reheated. Boiled beets may be served with this dish.

Irish Stew—Use 2 lbs. mutton, ½ cupful car-

rots, 1 onion, 2 cupsful sliced potatoes. One-half cupful turnips cut into ½ inch cubes, also onion sliced thin. Remove fat and skin from meat, boil slowly for 15 minutes and place in cooker for 4 hours. Remove and bring to boiling point; add potatoes and seasoning. Boil for 5 minutes and place in cooker for 1 hour; add thickening and serve.

Boiled Mutton—Brown meat in frying pan and place in kettle; cover with boiling water, add a small onion cut in pieces. Boil for 30 minutes and place in cooker for 8 hours. If meat is to be served cold, add 1 teaspoonful of salt and allow meat to cool in liquor.

Fricassee of Lamb—Cut 2 pounds of lean lamb into small cubes, dredge with flour and brown in a frying pan, using a little suet to keep it from burning. Place in kettle and add just water enough to cover. Boil for 10 minutes and place in cooker for 6 hours. Thicken with ½ cupful of browned flour mixed with cold water, season to taste and serve on toast.

Calves' Tongue—Calves' tongues usually come fresh and require no soaking. Wash in cold water; place in kettle and cover with boiling water. Add slice of onion and carrot cut into pieces. Boil 15 minutes and place in cooker over night. Remove skin and add salt and pepper to liquor in

which tongues were cooked. Allow tongues to cool in this liquor.

Boiled Tongue—If tongue is very salty, soak for 1 hour in cold water. Place tongue in kettle and cover with cold water; heat to boiling point and boil for 15 minutes; place in cooker all night. Skin while still warm and allow to cool in the liquor, if it is to be served cold. A slice of onion cooked with the tongue will improve the flavor a little and paprika may also be added.

Veal Pot Roast—Melt 2 tablespoonsful of butter or suet in frying pan and brown the roast of veal by turning meat on all sides. Place roast in kettle and pour 2 cupsful of water into frying pan, boil for a minute and pour liquid over veal, add enough more boiling water to almost cover meat, add salt and pepper, boil 20 minutes to half hour. Place in cooker 6 to 8 hours. Liquor in which meat was cooked may be thickened for gravy or saved for soup.

Curry of Veal—Use 2 pounds veal, 2 tablespoonsful suet or butter, 1 onion, ½ teaspoonful curry powder, 1 teaspoonful salt, ½ teaspoonful pepper, 4 tablespoonsful flour, 2 tablespoonsful water. Cut veal into small cubes and brown in frying pan with 2 tablespoonsful of suet or butter and an onion cut into slices. Add curry powder, salt and pepper, and boiling water to cover. Boil

for 10 minutes and place in cooker for 5 hours. Thicken with flour and water made into a thin paste. Serve on toast.

Veal and Rice—Take 1 pound veal, 2 cupsful water, 2 tablespoonsful butter, small onion, 3 cupsful boiled rice. Cut veal into small cubes and brown in frying pan with butter and onion, add 2 cupsful of boiling water and seasoning, cook for a few moments, then place mixture in kettle and boil slowly for 15 minutes, place in cooker 3 hours. Thicken with flour and water and serve over hot cooked rice.

Vegetables

Prepare same just as you would prepare them for cooking in the regular manner, or in other words, just according to the directions given in any good cook book.

Bean Salad—Clean navy beans and soak in cold water over night, drain off water and add enough fresh water to cover the beans. Add a half pound of bacon for each quart of beans (measured before soaking), add salt and pepper to suit taste. Boil until beans begin to peel slightly when you blow on them. Place kettle in cooker for 8 to 10 hours. After taken from cooker, scatter sliced onions on top and pour vinegar over the whole.

Wax Beans—Wash beans and break into inch pieces, cover with cold water and allow to boil 10 minutes, add 2 tablespoonsful of butter. Place in cooker 6 hours, season with salt and pepper or serve with cream sauce.

Dried Lima Beans—Soak beans in cold water over night, drain off water in which beans were soaked. Cover beans with fresh water, add a small piece of salt pork or a piece of butter. Allow beans to simmer for 15 minutes, place in cooker for 6 hours, season and serve. A pinch of soda added while beans are cooking will make them more tender.

Lima Beans—Same as above except omit soaking over night.

String Beans—Wash beans and pull off strings, break them into inch pieces. Cover with boiling water and add a small piece of salt pork, boil slowly for 10 minutes, place in cooker for 6 hours, remove, season with salt, pepper and a little butter in case salt pork is not used. Add sliced onions.

Asparagus—Wash asparagus and tie into small bunches. Stand these bunches up in a kettle of boiling water, allowing the tips to be above the water, boiling for 5 minutes, and place in cooker for 1 hour. Serve asparagus with salt, pepper and melted butter or with cream sauce.

Asparagus may be cut into 1 inch pieces instead of leaving whole.

Spinach—Wash and pick over greens carefully, add 1 cupful boiling water for each quart of greens. Boil slowly for 10 minutes, place kettle in cooker for 2 hours. Drain off water, add salt, pepper and butter; reheat and serve. Beet greens and dandelion greens can be cooked the same.

Boiled Beets—Wash beets, leaving on root and about ½ inch of leaves, to keep beets from losing color. Cover beets with boiling water and allow to boil 15 minutes. Place kettle in cooker from 6 to 8 hours, depending upon the age of the beets. Remove from cooker and put beets into cold water for a minute. Skin and cut into small pieces. Season with salt, pepper and butter.

Pickled Beets—Cook beets as for boiled beets, peel and cut beets into slices, place in glass jar, and cover with following mixture: Add 4 tablespoonsful sugar, 1 tablespoonful salt, ½ tablespoonful pepper, 10 cloves, 1 stick cinnamon and 10 pepper-corns to boiling water, 2 cupsful, and 2 cupsful vinegar, and heat to almost boiling point. Pour over beets and allow to stand 24 hours before serving.

Carrots and Peas—Wash and scrape carrots, cut into slices, place in kettle and cover with boil-

ing water, allow to boil 5 minutes, add salt and place in cooker 6 hours. When done drain, add 1 can of peas and allow to simmer for 10 minutes, add salt, pepper and butter and serve at once. Cooked diced turnips may be added if wished.

Boiled Cabbage—Remove outside leaves, cut into quarters and cut out tough center. Place in kettle and cover with boiling salted water, allow to boil for 10 minutes without cover. Cover and place in cooker for 2 hours. Season with butter, salt and pepper and little vinegar.

Cauliflower—Cook as for cabbage but serve with cream sauce.

Boiled Green Corn—Remove the husks and threads, place corn in kettle, cover with boiling water and boil for 3 minutes, place in cooker for 45 minutes to 1 hour, depending upon the age of corn. Drain and serve with salt and pepper.

Peas Dried—Clean peas, cover with water and allow to soak over night. Drain and cover with fresh water. Boil for 10 minutes and place in cooker for 6 hours. Season with salt, pepper and butter, and serve hot.

Peas—Same as Dried Peas except omit soaking over night.

Lentils—Soak 1 cupful of lentils in cold water over night. Drain and add fresh water to cover,

add a slice of onion and boil for 10 minutes. Place in cooker for 8 hours. Drain and add 1 cup of well-seasoned white sauce. The water which was drained off may be saved for soup.

Creamed Onions—Remove skins from onions and if large cut in half. Cover with salted water and boil for 5 minutes; place in cooker for 3 hours if onions are young and small; leave 4 hours if onions are large or old. Serve with milk, butter, salt and pepper.

Spanish Onions—Quarter the onions and cook as for Creamed Onions.

Boiled Potatoes—Pare potatoes, cut into pieces, cover with boiling salted water and boil for 5 minutes. Place in cooker for 1 hour to 1½ hours, depending on the size of pieces and amount in kettle, drain, mash, add salt, pepper, milk and butter.

Parsnips—Wash and scrape parsnips, cut in slices about ¼ inch thick, cover with boiling salted water and allow to boil 5 minutes. Place in cooker 3 hours. Drain, season with salt, pepper and butter, or roll in flour and brown in butter in frying pan.

Creamed Potatoes—Wash and pare potatoes, cut into cubes, place in kettle and cover with boiling salted water. Boil 3 minutes and place in

cooker 45 minutes. Drain and cover with white sauce. Large amounts of potatoes may be cooked in the cooker in this way without breaking.

Potatoes for Salad—Select potatoes of uniform size, wash and remove black places. Place potatoes in kettle and cover with boiling water, add 1 tablespoonful of salt for each quart of water. Boil 5 minutes if potatoes are small, 10 if large. Place in cooker 2 hours. Drain and allow to cool uncovered. Put 2 large slices of bacon into a pan and fry till crisp. Then cut into small pieces, add 1 cupful of vinegar and half a cupful of sliced onions. Pour over potatoes and mix.

Boiled Sweet Potatoes—Cover with boiling water salted and allow to boil 5 minutes if potatoes are small and 10 if potatoes are large. Place in cooker for 1 hour, drain and allow to dry.

Brussels Sprouts—Soak in cold water ½ hour. Remove wilted leaves and cover with boiling salted water, allow to boil 5 minutes and place in cooker 2 hours. Drain and serve with white sauce.

Boiled Tomatoes—Wash tomatoes and pour boiling water over them, allowing them to remain in it about ½ minute or less if they are very ripe. Cover with cold water and peel. Cut into pieces and add salt, pepper, to taste, butter and a small amount of sugar, and ½ cupful bread crumbs

may be added. Boil for 5 minutes, place in cooker and allow to remain 1 hour.

Squash—Cut squash into pieces, remove seeds and pare. Cut into small pieces and add water to almost cover. Boil 10 minutes and place in cooker 4 hours, drain, mash and season with butter, salt and pepper. If the butter is browned slightly it will improve the flavor.

Turnips, White—Wash and pare turnips, cut into slices and cover with boiling water. Cook for 10 minutes and place in cooker for 6 hours. Drain and mash, season with salt, pepper and butter and serve hot. Turnips may be cut into dice instead of slices and served with white sauce.

Turnips, Yellow—Prepare yellow turnips or rutabagas, as they are sometimes called, in the same manner as white turnips, but leave in the cooker from 1 to 2 hours longer, as they require more cooking.

Pumpkin for Pies—Cut pumpkin into pieces, pare and remove seeds. Place pumpkin in kettle and add just enough water to cook without burning. Boil until pumpkin is heated through. Place in cooker over night. Drain and rub through sieve.

Tomato Sauce—Use 2 tablespoonsful butter, 2 tablespoonsful flour, 1 teaspoonful salt, sprinkle cayenne pepper, 1½ cupsful tomato juice. Melt

butter until it bubbles, add flour and seasoning and stir until smooth, add tomato juice, stirring constantly until it thickens.

Dried Fruits—For cooking any kind of dried fruit, such as apples, pears, peaches, figs, prunes, apricots, nectarines, etc., use the following recipe: Wash in cold water, soak over night in fresh water and cook in water in which they were soaked. Boil slowly for 10 minutes, adding sugar, lemon to taste. Place in cooker 5 hours.

Fruits

A Nice Way to Prepare Apples—Make a nice syrup of sugar and water with some small pieces of ginger root or orange peel added. When this syrup has boiled 3 minutes, drop into it some quartered apples and put into cooker for 3 hours. Cream when eating improves them.

Apple Sauce—Pare and core 6 medium sized tart apples, cut into slices and cover with boiling water. Boil 5 minutes and place in cooker for 1 hour. Remove and rub apples through sieve, add cup of sugar for each cup of apple and a little nutmeg or lemon juice. Serve cold.

Quinces and Apples—Pare and core quinces, cut into quarters, add water to cover and allow to boil slowly for 10 minutes. Place in cooker for 4 hours. Remove from cooker and add equal

amounts of apples, which have been pared, cored and quartered, add more water if necessary and boil for 5 minutes. Place in cooker for 2 hours, add sugar to taste and boil until sugar forms a syrup. Serve cold.

Sweet apples are usually best and lemon rind may be added with apples.

Cranberry Sauce—Wash berries and almost cover with boiling water, boil 5 minutes and add a half cup of sugar for each cup of berries. Boil until sugar forms a syrup. Place in cooker for 2 hours.

Pineapple—Remove the eyes and peel, cut into slices and remove core. Place in kettle and cover with boiling water, allow to boil for 10 minutes and place in cooker for 6 hours. Remove from cooker and drain off water in which fruit was cooked. Add a cup of sugar to each cup of juice, boil until sugar dissolves, pour over pineapple and cook slowly for 10 minutes. Pineapple may be canned or cooked and served as sauce.

Desserts

Irish Moss—Soak a scant cup of Irish moss in soda water till it swells, then squeeze until free from water. Put into a bucket containing 3 quarts of milk. Set this bucket containing the above into the fireless cooker kettle containing

about 3 quarts of boiling water and let it remain in the cooker 4 hours. Strain and sweeten and flavor. Serve cold.

Suet Pudding—Use ½ cup finely chopped suet, 1 cup milk, 1 cup molasses, 3 cups flour, 2 teaspoonsful salt, 1 teaspoonful soda, ½ teaspoonful cloves, ½ teaspoonful allspice, 1 teaspoonful cinnamon, ½ cup raisins. Mix and sift flour, salt, soda and spices. Add milk and molasses to suet; combine the two mixtures. Add raisins which have been stoned and chopped and mixed with 2 tablespoonsful of flour; mix well. Place in butter moulds and put into kettle, allowing boiling water to almost come to the top of cans. Place cover on kettle and boil 15 minutes. Place in cooker 4 hours.

Fig Pudding—Take 1 cup sugar, ½ cup butter, ½ cup milk, 2⅓ cups flour, 4 level teaspoonsful baking powder, whites of 4 eggs, ½ cup figs chopped fine. Cream butter, add sugar gradually, sift baking powder with flour, and add milk and flour alternately; add figs and fold in whites of eggs. Pour mixture into buttered moulds; place mould in kettle and add boiling water until it almost comes to top of moulds. Boil 15 minutes and place in cooker 2 hours. Serve with hard sauce.

Tapioca Custard Pudding—Take 1 cup pearl

or minute tapioca, 1 cup water, 3 cups milk, 3 eggs, ¾ cup sugar, 1 teaspoonful salt, 1 tablespoonful butter. Soak pearl tapioca in cold water 1 hour. Drain and add water. Heat to boiling point, add milk, sugar and salt, cook slowly for 5 minutes, be careful not to let it burn. Place in cooker for 2 hours. Add the well beaten eggs and butter. Pour the mixture into a well buttered pan and bake until brown. The minute tapioca needs no soaking.

Cherry Pudding—Use same recipe as for Fig Pudding, adding 1 cup of fresh cherries. Blueberries, raspberries or other fruits may be used. If fruits are very juicy, add about 2 tablespoonsful more of flour. Cooked cherries may be used, if drained and the juice saved for sauce.

Tapioca and Apples—Take ½ cup pearl tapioca, 4 cups boiling water, 1 teaspoonful salt, ¾ cup sugar, 6 sour apples. Soak tapioca in cold water 2 hours. Drain and add 4 cups of boiling water. Boil 5 minutes, add sugar and salt when sugar is dissolved, place in cooker for 2 hours. Pare and core apples, cut into pieces or leave whole, place apples in buttered dish and cover with cooked tapioca, bake until apples are soft. Serve with cream and sugar.

Peach Tapioca—Make same as Apple Tapioca, using instead fresh or canned peaches, or the

dried cooked peaches, which are delicious. The dried cooked apples may also be used for apple tapioca.

For the Sick Room

Arrowroot Gruel—Use 2 tablespoonsful arrowroot, 1 quart boiling water, 1 teaspoonful salt, 1 teaspoonful sugar. Mix arrowroot with just enough cold water to form a thin paste, add part of boiling water, mix well and add remaining hot water. Boil for 5 minutes and place in cooker 1 hour. Cool, add a few drops of vanilla and a little cream if desired, or gruel may be served hot. Remember, it takes longer to cook cereals in a fireless cooker than in the customary manner, hence do not use as much cereal but more water.

Oat Meal—Use 1 cup oat meal, 3 cups water, 1 teaspoonful salt. Stir well into boiling salted water, boil 8 minutes, place in cooker over night.

Boiled Rice—Take 1 cup rice, 2 teaspoonsful salt, 5 cups water. Wash rice, then stir it into boiling salted water and allow to boil 8 minutes. Place kettle in cooker and allow to remain 3 hours. It may be left over night without overcooking.

Ralston's Breakfast Food—Take 6 cups water, 2 teaspoonsful salt, 1 cup cereal. Allow water to boil, add salt and slowly stir in breakfast food,

being careful not to allow it to lump. Boil slowly for 8 minutes and place in cooker all night.

Barley Mush—Use 1 cup barley meal, 5 cups water, 2 teaspoonsful salt. Stir meal slowly into boiling salted water, being careful not to let it lump. Cook for 10 minutes and place in cooker for 8 hours or more.

Corn Meal Mush—Take 1 cup corn meal, 1 teaspoonful salt, 4 to 5½ cups water. Slowly stir the meal into boiling salted water, being careful not to lump. Allow to boil slowly for 10 minutes, place in cooker and allow to remain 8 to 10 hours or all night.

If you wish to fry mush use only 4 cups of water. If the mush is to be a breakfast food as much as 5½ cups may be used.

Rice and Figs—Cook rice as for Boiled Rice, adding just before placing into cooker a cup of figs which have been cut into small pieces.

Pettijohn's Breakfast Food—Use 1 cup cereal, 3 cups water, 1½ teaspoonsful salt. Stir cereal into salted boiling water, allow to boil for 8 minutes, and place in cooker over night.

Cracked Wheat—Take 1 cup of cracked wheat, 1 teaspoonful salt, 4 cups water. Soak cracked wheat in 2 cups of water for 2 hours. Heat remaining water to boiling point, add salt and cracked wheat and water in which it has been

soaking. Allow to boil for 10 minutes, place in cooker over night.

The flavor will be greatly improved if the wheat is slightly browned in the oven before soaking.

Vitos—Use 1 cup cereal, 6½ cups water, 2 teaspoonsful salt. Salt water and when it boils rapidly add the meal slowly, stirring constantly to prevent lumping. Boil slowly 5 minutes and place in cooker all night.

Farina—Use same amounts as for Vitos.

Cream of Wheat—Take 1 cup cereal, 6½ cups water, 2 teaspoonsful salt. Method the same as for Vitos.

Oatmeal Gruel—Use 1 cup oatmeal, 6 cups water, 2 teaspoonsful salt, 3 cups milk. Soak oatmeal over night in 6 cups of salted water. Boil slowly for 5 minutes and place in cooker 6 hours. Strain through cheese cloth bag and dilute with milk. Serve hot.

Barley Water—Clean a fourth of a cup of barley and add a quart of water, and soak over night. Boil gently for 5 minutes in same water in which it was soaked. Place in cooker 4 hours. Strain, season with salt, sugar and lemon juice. It may be served either hot or cold.

Beef Tea—Take 1 pound round steak, 2 cups water, ½ teaspoonful salt. Remove the skin and

fat, put meat through meat chopper and cover with cold water. Add salt and heat slowly to just below the boiling point. Place in cooker for 1 hour, strain and serve hot.

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